



What's on

Your guide to activities, clubs and events in the borough

See centre pages



Waltham Forest NEWS

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Issue 108

27 January 2014

NEWS



Waltham Forest - Proud of our young people • Proud of our schools



Dear parent or carer,
Waltham Forest Council shares your ambitions for your children. Like you we want them to be safe, happy and successful. That's why we are committed to providing all our children and young people with a world class education which enables them to move on to a good university or the career of their choice. We are already seeing results. Standards

have improved significantly, the vast majority of our children now attend 'Good' and 'Outstanding' schools rated by Ofsted. We've also invested £160million to improve school buildings.

Over the next few months we'll be introducing you to some of our exceptional children and young people, who've been hand-picked by their schools for their outstanding achievements.

Read on to find out more about them and the changing picture of education in Waltham Forest.

Councillor Clare Coghill
Cabinet Member for Children and Young People



www.walthamforest.gov.uk/proud



OUR PRIMARY SCHOOLS

Educational attainment in Waltham Forest is improving. 84 per cent of our primary schools are now rated by Ofsted as 'Good' or 'Outstanding'. This is 4 per cent above the national average and marks a 26 per cent improvement in just 12 months; making us one of the fastest improving authorities in the country.

In December, our primary school pupils achieved their best ever results in the SATs (Standard Assessment Tests) in reading, writing and maths. Three-quarters of our primary pupils now achieve a Level 4 or above across all three areas - the same as the national average, and more than half our children arrived in secondary school having achieved a Level 5 in the spelling, punctuation and grammar test.

WE'RE
PROUD
OF YOU

Waltham Forest

Proud of our young people • Proud of our schools

84%

84 per cent of our primary schools are now rated by Ofsted as 'Good' or 'Outstanding'



Rosie, Year 6

Rosie is a Year 6 pupil who despite her young age, is already an outstanding athlete in her own right. She's a member of various sports clubs – both at her school and outside.

"I do a lot of sports but my favourite is running – I like it that when you go out running you just feel free," explains Rosie.

Rosie beat 169 girls from schools across North London and West Essex to win the Orion Harriers Invitation Cross-Country race in November.

While she clearly has an aptitude for sports, she says: "I don't know what I want to be when I grow up yet because the school gives us so many opportunities that it's difficult to choose, but I definitely want to go to university".

And surprisingly, PE is not her favourite subject, literacy is. "The teachers make literacy really creative and there's always something new planned."

Rosie is a star whose talent has been spotted and developed by her teachers.



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Blackhorse Workshop is open!

New workshop for local people to hone their skills, bring out their creative side and enjoy something different

The new Blackhorse Workshop was officially opened on Wednesday 22 January by Leader of Waltham Forest Council, Chris Robbins.

Commissioned by Waltham Forest Council and co-funded by Create London, the GLA Outer London Fund, Legacy Trust UK and Arts Council England, the facility will provide access to a fully equipped wood and metal workshop six days a week.

Local residents can take advantage of daily, weekly or monthly rates that give flexible access to creative activities on their doorstep.

The Workshop (1-2 Sutherland Road Path, E17 6BX) has a fully equipped wood and metal workshop kitted out with a wide range of professional and standard tools giving residents the opportunity to partake in everything

from welding to wood turning.

Machinery support is on hand from highly skilled technicians, and advice on developing your skills can be accessed through one-to-one sessions that can be booked at an hourly rate. Storage options are also provided at an extra cost for those needing space to house their creations.

"It's a fabulous place," said Chris Robbins. "People local to Blackhorse Lane should really pay a visit to see what is on offer. Not only are the workshops fantastic, but there's a great little café and bakery and a series of courses being run to give people a good grounding."

"Blackhorse Lane is one of the key areas marked for regeneration as part of our Better Place campaign. Of course a lot of developments are about housing and business coming to the

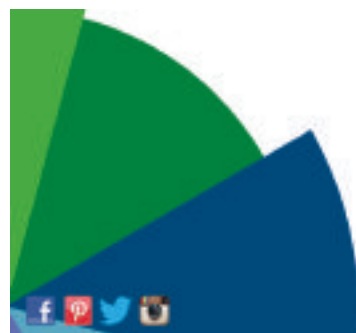


Leader of Waltham Forest Council, Chris Robbins, flanked by Cllr Karen Bellamy, Deputy Mayor of London Kit Malthouse and local artists, opens the new Blackhorse Workshop by sawing through the special wooden ribbon

borough, but projects like this are just as important as they can really enhance a neighbourhood and provide something special for the local community."

More info

More information about the range of improvements the Council is making to improve the borough can be found at www.walthamforest.gov.uk/betterplace. The workshop can be contacted direct on 020 8531 1612 or by emailing info@blackhorseworkshop.co.uk



Come to the Waltham Forest College
OPEN EVENT
Sat 8 February 2014 10.00am - 1.00pm

Forest Road, London, E17 4JB | www.waltham.ac.uk | 020 8501 8501 | info@waltham.ac.uk

- Full time courses
- Part time courses
- Higher Education
- Apprenticeships



English Magic



Art enthusiasts can see English Magic at The William Morris Gallery until the end of March

- **Jeremy Deller brings prestigious exhibition to Waltham Forest**
- **William Morris Gallery is the first venue in the UK to host the show**

Hot on the heels of its stint at the world's most prestigious arts showcase in Venice, Turner Prize-winner Jeremy Deller's latest exhibition has come to Walthamstow.

From now until the end of March you can pop down to the William Morris Gallery (Lloyd Park, Forest Road, E17 4PP) and see his exhibition English Magic on its first stop of a tour of the UK.

Packed with thought provoking pieces, the exhibition is heavily influenced by William Morris – the local man who revolutionised Victorian interior design and whose work is celebrated by the Gallery.

Commissioned by the British Council, English Magic represented Britain at the 2013 Venice Biennale and the UK tour is supported by the Art Fund – the national fundraising charity for art.

Art enthusiasts from far and wide have flocked to the Gallery to take in pieces including 'We Sit Starving Amidst Our Gold', a huge mural showing a giant William Morris hurling Roman Abramovich's yacht into the Venetian Lagoon.

Chris Robbins, Leader of Waltham Forest Council said: "The William Morris Gallery is an important part of our cultural heritage and as Morris' former home holds a significant amount of history. Being the first UK venue for English Magic is a huge honour for us and knowing that Morris has inspired Deller's work makes the partnership all the more special."

More info

The William Morris Gallery (Lloyd Park, Forest Road, E17 4PP) is open Wednesday to Sunday, 10am to 5pm. Entry is free. Visit www.wmgallery.org.uk or phone 020 8496 4390.

In my opinion



Firlle Beckley

Resident, Leytonstone

I am a speech and language therapist and I work and live in Waltham Forest. I am currently undertaking PhD research to test therapy that helps people with a condition called aphasia, and hopefully helps them to have more enjoyable conversations.

Aphasia (pronounced a-fai-zia) is a word that most people are not familiar with. It is the name given to a condition where speaking, understanding, reading and writing are damaged, most commonly after a stroke.

If you experience aphasia, it can be devastating. Speaking is a bit

like blinking – it is something you take for granted until that bit of grit lands in your eye, then you realise just how much you rely on it. In the UK around 152,000 people have a

"Aphasia is the name given to a condition where speaking, understanding, reading and writing are damaged."

stroke each year, and one third of them will be left with aphasia.

Think about how many conversations you have with different people every day. Whether it's having a good gossip with neighbours, chatting to our

children about their day at school or speaking with friends and colleagues, we need to be able to speak and understand to have those conversations. Aphasia

can make conversation almost impossible, devastating the quality of people's lives, and the lives of those nearest and dearest to them.

I have worked with people with aphasia for 10 years as a speech and language therapist. In 2011,

I went back to study at University College London, funded by the Stroke Association.

My research is comparing two different types of speech and language therapy that aim to improve everyday conversation skills. I want to understand which therapy is most effective and why, and which types of people with aphasia benefit most. This research is needed because we all recognise

the importance of enjoyable conversations, and speech and language therapists need more information about how best to conduct conversation training.

If you would like to find out more, or you have aphasia and are interested in taking part in my research, please visit www.firlle.wordpress.com. You can also follow me on twitter @firlle.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

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Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

Advertising and promotional enquiries:

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Their inclusion does not mean that the council endorses the company or product being advertised.

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Who's your local hero?

These days heroes come in all shapes and sizes, and wearing a caped uniform doesn't necessarily come with the territory. In Waltham Forest, heroic deeds are done every day by ordinary people and the Council wants to say thank you by celebrating their efforts.

If you know someone who gives their free time to do something special for other people, we want to hear from you. Maybe you know a sports-mad coach who spends their Saturdays teaching children football skills, or perhaps you have a green-fingered neighbour who has planted flowers to brighten up

your street. If you know someone who goes that extra mile, they could be a contender for a Love Your Borough Award.

Now in their fifth year, the awards are an important way of honouring the heroes in Waltham Forest who go out of their way to help other people.

Council Leader, Chris Robbins, said: "We want to shine the spotlight on people who are making a difference in their community, to show that their efforts are noticed and appreciated.

"The awards are a great way of celebrating everything that is great about Waltham Forest, especially

because nominations are made by the local community. But we need people to tell us who those unsung heroes are."

This year there are seven award categories you can nominate in: Citizen of the Year, Uniformed Service Hero, Volunteer Group of the Year, Improving Your Neighbourhood, Health and Wellbeing, Making Waltham Forest Safer and Sporting Inspiration.

Nominees will be invited to a special awards evening in April and every winner will receive £250 in vouchers to thank them for their efforts in making Waltham Forest a better place.

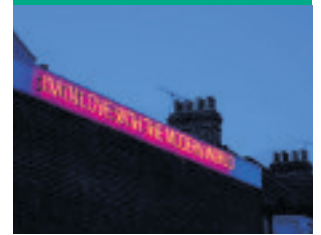
The nomination form is simple – all you have to do is tell us in your own words why your nominee deserves to be recognised.

Nominations must be received by Monday 3 February.

More info

For a description of each award category, and to download a nomination form, visit www.walthamforest.gov.uk/love-your-borough or phone 020 8496 3000 to request a paper copy of the form. But be quick – nominations must be received by Monday 3 February.

In brief



A sign of love

The latest temporary artwork to hit Cleveland Park Avenue in Walthamstow as part of Waltham Forest Council's funded programme 'Street Gallery' is 'I'm in love with the modern world' by artist D J Roberts. The neon sign installation takes a line from a song by Jonathan Richman and the Modern Lovers. The glowing text celebrates the ordinary, everyday world around us, and invites us to consider notions of modernity and how we define value and beauty.

• For more information about the improvements the Council is making to the borough visit www.walthamforest.gov.uk/betterplace.

Nominate for Civic Awards

Nominations are also being sought for the Council's Civic Awards. The awards recognise long-standing residents and organisations that have made outstanding contributions to the borough for twenty years or more, as well as exceptional one-off achievements such as outstanding acts of bravery. The awards will be judged by a panel of councillors and the winners will be honoured at the Love Your Borough awards ceremony in April. The deadline for nominations is 12noon on Monday 3 February.

• For more information visit www.walthamforest.gov.uk/love-your-borough or phone Councillor Services on 020 8496 3000.

Veggie sales help victims

Green-fingered young offenders have put their free time to use to raise money for a charity that helps victims of crime. By getting to grips with gardening and growing crops, the 12 to 18 year olds have learnt new skills while thinking about the consequences of their actions. Produce grown in the garden outside the Council's Youth Offending Team office in Leytonstone has been sold, raising £150 in the process. And last week, the cash was presented to Victim Support, to help their work in supporting victims of crime.

• For more information visit www.walthamforest.gov.uk/community-safety or phone 020 8496 3000.

Celebrating LGBT History Month



The rainbow flag will fly outside Waltham Forest Town Hall throughout February to mark LGBT History Month

Residents are being invited to join the Council for a ceremony to mark the beginning of Lesbian, Gay, Bisexual and Transgender (LGBT) History Month on Monday 3 February.

Council Leader, Chris Robbins, Mayor of Waltham Forest, Nadeem Ali, Councillors, community groups and Council officers will gather at Waltham Forest Town Hall (Forest Road, E17 4JF) at 11am as the rainbow flag, which has been used as a symbol of LGBT pride since the 1970s, is raised.

LGBT History Month was initiated in the UK in 2005 by an organisation called Schools Out which campaigned for LGBT equality in schools. The month gives the opportunity for everyone to learn more about the histories of LGBT people in Britain and Northern Ireland.

Waltham Forest Libraries will host a number of celebratory events in February. Highlights include a screening of the film Tomboy at Leytonstone Library on Saturday 8 February and an event to celebrate

the reissue of a book of lesbian short stories at Walthamstow Library on Wednesday 12 February. Author Cherry Potts and actor Sarah Feathers will read from Mosaic of Air and Lovers' Lies from 7 to 8.30pm.

And this year there is another reason to celebrate, as the latest Stonewall Workplace Equality Index has revealed Waltham Forest Council to be one of the best places in the country to work if you're lesbian, gay or bisexual.

The charity's 2014 rankings place the Council in the UK's top 100 best

employers of LGB staff. Waltham Forest is the highest ranking of the four London councils which made the Top 100, with the Council's ranking jumping to number 41 from 63 last year.

Cllr Mark Rusling, Cabinet Member for Economic Development and Corporate Resources, said: "The achievement this year represents something really quite special, as it is the highest we have ever been ranked in the eight years that the Council has entered the index. The achievement is even more noteworthy as we are recognised as among the best 100 employers alongside both private and public sector organisations such as Barclays, PwC, IBM, Morgan Stanley, the Home Office and London Ambulance Service, to name but a few. It is recognition of our continued commitment to creating a supportive, open and inclusive environment for all our staff and residents."

More info

For more information on LGBT History Month visit www.lgbthistorymonth.org.uk. For more information on library events visit www.walthamforest.gov.uk/libraries or phone 020 8496 3000.

4 Priorities

Waltham Forest: a picture of health

Waltham Forest Council has four key priorities to help improve the lives of residents. In this edition we look at what the Council has been doing to improve your health since it took on public health responsibilities last year



Helping you to live a long and healthy life isn't just something concerning the NHS. Today, the borough's 'public health' – which includes everything from promoting a healthy diet and regular exercise, to sexual health and help with substance abuse – is looked after by Waltham Forest Council, following changes made by the Government last April.

This means the Council is able to shape local public health services to reflect your needs, and address specific challenges in Waltham Forest such as lower life expectancy levels, child poverty, obesity and teenage pregnancy.

"Having responsibility for public health puts us in the driving seat," said Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing. "It means that we can spend public health funding allocated to us, however limited that may be, on the issues most affecting residents."

These issues are identified by a team of officers from different Council departments, who work with the NHS to use a combination of statistics and residents' views to uncover key issues. This information is used to commission services that best meet local needs and is published every year in a document called the Joint Strategic Needs Assessment.

In recent months, the Council has worked with its partners on a range of public health projects to give you the facts about how you can improve your health.

Know Your Numbers

Waltham Forest has one of England's highest rates of heart disease or stroke related death in people under 75. And with high blood pressure being one of the key causes, the statistics are all the more alarming as local GPs estimate that 64,000 adults living in the borough have high blood pressure. While 32,000 of these have been diagnosed and can take action, the remaining half have not and are still at risk.

Back in September, 90 residents popped in to 'pressure stations' set up by the Council to have their blood pressure and pulse checked by a nurse. They heard first hand from health experts that regular exercise, a healthy diet and less tobacco and alcohol can reduce the risks. "In some ways it's common sense that a healthy lifestyle reduces the risk of high blood pressure and the health problems that can bring," said Cllr Khan. "But having a test and seeing your blood pressure in numbers can really help to reinforce the message."

Alcohol Awareness Week

Following October's 'Stoptober' campaign, which saw 1,000 residents put their willpower to the test by giving up smoking, alcohol was the Council's focus in November. To mark national Alcohol Awareness Week, information stalls manned by the local Community Drugs and Alcohol Team and staff from the

charity Turning Point, attracted over 70 local people. Common misconceptions about alcohol units and even the calorie content of some alcoholic drinks were tackled, surprising some of the residents who stopped for a chat.

"A big part of public health is providing residents with the right information so they are informed and can make decisions about their health," said Cllr Khan.

"We want people to understand that doing some things can have an impact on their health in the longer term."

Looking ahead, the Council is already making plans to tackle the issue of tuberculosis (TB), which is becoming an increasing problem in north east London.

Focusing on hard to reach groups including homeless people, young people and those recently arrived in the UK, the Council will work with its partners in the run up to World TB Day on Monday 24 March. Together they will concentrate on increasing early diagnosis and making sure those affected have the right support – including stable accommodation – so they can be treated successfully.

The Council will also continue to monitor the work of other health organisations, each of which have responsibilities in different areas. "With all the changes that have taken place recently, it's important that residents know where they can access the different services available," said Cllr Khan. "With various commissioners, trusts and groups covering the borough

Fact file

Care Quality Commission (CQC)

Inspects all hospitals, care homes, dentists and doctors surgeries to make sure they are safe and they follow recommendations for improvement.

Barts Health Trust

Manages Whipps Cross Hospital and five others; Barts, Royal London, London Chest, Mile End University and Newham University hospitals.

Clinical Commissioning Group (CCG)

Commissions most local hospital and community health services and is made up of GPs, nurses and other professionals.

Waltham Forest Council

Responsible for a wide range of services that affect health including social care, leisure, housing and more recently public health services. The Council works with partners to promote health and well-being and encourage people to live healthier lives.

Health and Wellbeing Board

Links the Clinical Commissioning Group and Council with the local community and is chaired by Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing.

Healthwatch

New, independent organisation that helps children, young people and adults share their views, experiences, comments and concerns around health and social care services in Waltham Forest.

it can be difficult knowing who does what, so we've produced a handy fact file on these pages as a reminder."

Pharmacy workshop

You can help shape local pharmacy services by attending a workshop at Vestry House Museum (Vestry Road, E17 9NH) on Thursday 6 February. The workshop runs from 9.45am to 3pm.

Organised by Healthwatch Waltham Forest with the North East London Public Pharmacy Partnership, it will give you the chance to have your say on future care and support delivered through local pharmacies. Lunch will be provided, so please confirm your place by phoning 020 3078 9990 or email info@healthwatchwalthamforest.co.uk

More info

For more information visit www.walthamforest.gov.uk and search for 'health and well-being' or call 020 8496 3000.

What you say

Residents tell Waltham Forest News what they think about the Council's work to promote public health issues



Tom Dooks, Chingford



Karen Steine, Chingford



Siraj Karbhari, Chingford



Linda Gaul, Chingford



Stanley Shephard, Chingford

"The best way to make campaigns about stopping smoking and cutting down on alcohol more successful is to engage with young people and make them want to get involved. Lots of my friends took part in giving up alcohol for a month and found it beneficial. I'd also like to see more information, advice and support about mental health issues such as depression. There's a lot of ignorance and it would be good to explain the facts and tell people how they can get help."

"I think to some extent people have to take responsibility for their own health. It's not up to the Council to make sure that people are living healthy lives; we all know what things are bad for us. I'd like to see more campaigns that inform young people about the damage that smoking can do – it's about searching for the right message. But I think using examples of real, local people in health campaigns is a good idea as people can relate to it more."

"It would be good to have health advice for older and vulnerable people advertised in places like the Post Office. I'm the Postmaster and I have over 3,000 customers a week, so it would be good to have some posters and health advice readily available here and in other community buildings. I see vulnerable people who need help and support but they don't always know how they can get it. The Council needs to do more for them."

"I suffer from high blood pressure and my GP is very good at monitoring it for me. They even remind my husband to get his checked! I think health advice isn't always logically set out though – notice boards in GP surgeries are usually too cluttered with information and it's difficult to see what's relevant to you. And health advice changes so often it's difficult to know if everything is still up to date. Maybe a good idea is to put dates on printed health information so people know if it's still accurate or not."

"I think health services in the borough are quite good and the carers do a good job. But sometimes they have to work to schedules that aren't suitable for the person they are looking after and could be better planned out by the people in charge. I'm 91 next birthday, so I only really look out for health advice that's relevant to me and my wife. But I think having health advice in the paper is important."

Priority: Helping you and your family

Commitment:

- Not raise council tax and will continue to fund the freedom pass
- Make sure you have access to training and education that helps you get a job whatever your age
- Support schools so that they can deliver a high quality education for our young people in decent buildings
- Work with the community to keep vulnerable adults and children safe

Priority: Making our community a safer place

Priority: Keeping our borough clean

Priority: Bringing you better shopping, streets and leisure

NAME
&
SHAME

&

DON'T
MESS
WITH
WALTHAM
FOREST

Waltham Forest Council is committed to cleaning up the borough and wiping out enviro-crime in Waltham Forest. We will be taking tough action against those people who continue to blight our borough, and will name and shame the people we catch treating it like a dumping ground.

This issue we are naming and shaming Alexandru Capra of Nottingham Road, Leyton who was prosecuted for spitting in a public place. Choosing not to pay the Fixed Penalty Notice issued by the Council when caught spitting, the case was progressed to Thames Magistrates' Court on Friday 10 January.

The Magistrates agreed with the Council that spitting is a disgusting habit and can be dealt with by the local authority using the powers they have in relation to littering. They increased the fine accordingly to £150 from £80 and in addition the defendant was ordered to pay £100 costs.

"This is the third time we have taken someone to Magistrates' Court because they refused to pay the Fixed Penalty Notice issued to them for spitting in the street," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"The message it sends out is clear – our Enforcement Officers are out there issuing fines to people who think it is OK to spit on our streets and if you don't pay the fine, the courts will back us up in enforcing justice."

In addition the Council handed out 72 Fixed Penalty Notices in the four-week period between 26 December 2013 and 22 January 2014 for enviro-crime offences, including for littering offences, graffiti and flyposting.

More info

To find out more about the Council's, 'Don't mess with Waltham Forest' campaign visit www.walthamforest.gov.uk/dontmess. Report an enviro-crime by visiting www.walthamforest.gov.uk/report-it or phone Waltham Forest Direct on 020 8496 3000.

Kevin Langan and Paul Green, the Council's two Pest Control Officers, get ready for another day of taking on the pests of Waltham Forest



The Verminators

- Council Pest Control Team has a dirty job, but someone's got to do it
- Last year the Council dealt with over 1,600 requests, from rats to bed bugs

Waltham Forest has a rich array of wildlife, from deer and foxes to insects and birds. But it's one thing spotting a rare butterfly in our wetlands or a badger in our woodland, and quite another discovering wildlife has taken up residence in your house, or even your bed!

Last year Waltham Forest Council's Pest Control Team dealt with over 1,600 requests from members of the public desperate to rid themselves of some unwanted guests.

Everything from vermin such as mice, rats and squirrels to creepy crawlies such as ants, fleas and bed bugs can bring about a call to the Council's Pest Control Team.

"It's not the most glamorous of jobs," admitted Paul Green – one of the Council's two Pest Control Officers – "but there's no doubt how important it is to residents."

Kevin Langan, the Council's other Pest Control Officer, explained how an average day begins. "We're usually at work by seven in the morning to collect our

work for the day and to load up the van with all the equipment we're going to need.

"The first appointment will be at 8am, before the resident goes off to work. We normally kick off with bed bug jobs as this will give the bed plenty of time to dry out before the resident goes to sleep that night. We recommend people sleep in their beds after treatment

"It's not the most glamorous of jobs, but there's no doubt how important it is to residents."

as the carbon dioxide we breathe out draws the bed bugs from out of their hiding places."

The bread and butter work for Paul and Kevin is rats and mice. "That's what we deal with most of the time," explained Paul. "Rats are a particular health hazard because of their propensity to live in sewers, so it is important that people report any problems as soon as they notice them."

The Council now charges for all pest control treatments it provides,

but restricts costs for rats to just £25 to encourage reporting. Concessionary rates are also available for some other treatments to residents on benefits.

"There are plenty of pests that we deal with that are more exotic than your standard house mouse," Kevin told Waltham Forest News. "We have treatments for Wharf Borer, Yellow Meal Worm-Beetle,

looking after residential properties, the Council also offers treatment to commercial premises.

"One of the questions we often get asked is whether the chemicals we use are safe around humans and pets," said Paul. "The answer is yes, as long as all the instructions and advice we leave the resident are followed. Although we always err on the side of caution and in some cases we will not lay poison if the risk is too high."

There are some pests the Council cannot deal with, such as moles because of the specialist equipment that is required to eradicate them. Similarly the Council is unable to intervene if bats have taken up residence in a roof space. As a protected species it is illegal to remove or disturb bats.

Pharaoh Ants, Indian Meal Moths and Confused Flour Beetles, among others."

Waltham Forest has a shared service with Haringey Council, which allows the two authorities to have a single supervisor, allowing them greater flexibility and greater efficiency.

The Council also has a dedicated webpage with a list of fees and other details, including fact sheets about the different pests it deals with. As well as

More info

For more information about the Council's Pest Control Service, visit www.walthamforest.gov.uk, phone 020 8496 3000 or email wfdirect@walthamforest.gov.uk

Blue badge abusers guilty

- Two more people are found guilty of blue badge abuse by Magistrates
- Council enforcement campaign protects the rights of disabled drivers



Two more people caught misusing disabled blue badges to park in priority spaces have been brought to account by Waltham Forest Council as part of its ongoing campaign of enforcement.

The Council brought in the services of a specialist team from parking contractors NSL to investigate blue badge fraud and

have found abuse is prevalent in the borough.

In the latest cases that went in front of Thames Magistrates' Court on Friday 17 January, two of the most common misuse practices were highlighted.

Ifikhar Bostan, who is currently on remand for robbery at Thamesmead Prison, was found guilty of an offence against Section 1 and

Section 2 of the Fraud Act 2006.

He pleaded guilty by video link to dishonestly making a false representation on or about 17 October 2012, namely displaying a disability badge which had been reported stolen. He was sentenced to an 18 month conditional discharge and ordered to pay a victim surcharge of £15.

Mohammed Mughal of Pendlestone Road, Walthamstow was found guilty of an offence against Section 117 of the Road Traffic Regulations Act 1984. He pleaded guilty to wrongfully displaying the badge of his deceased father on 5 June 2013 and was sentenced to a six month conditional discharge and also ordered to pay a victim surcharge of £15.

These are just the latest in a long line of people the team have caught and brought to justice.

The Council has already seized well over 100 badges that were being used fraudulently, seen numerous people arrested, brought a number of prosecution cases and

continues to catch people week in, week out.

The practice of misusing blue badges under any circumstances is something the Council is not prepared to tolerate.

Blue badges make a significant difference to the quality of life of disabled people by allowing them to park in special bays and spaces that reduce the distance they have to travel to get to shops and vital services.

It is a criminal offence to use a fake, lost or stolen badge or to use someone else's blue badge. As well as patrols actively seeking out those people that abuse the system, the Blue Badge Team has also acted upon reports from residents of suspected fraudulent use.

More info

For more information visit www.walthamforest.gov.uk/parking. To report someone you suspect is misusing a blue badge, phone 0845 331 2392 and select option 5.

In brief



Friends of St James Park take part in the daffodil bulb planting day

Friends of St James Park

The newly-formed Friends of St James Park group held their first event last month when around 30 people turned up to a daffodil bulb planting day. "We were grateful to have received bulb donations from local people plus 400 bulbs as a donation from B&Q in Lea Bridge Road," explained Suzanne Stubbley, Chair of the Friends of St James Park. "B&Q has also kindly gifted us a £50 voucher to use towards a future event, so it's a great start for us." Waltham Forest boasts twenty Friends of Parks groups that work with the Council's Public Realm team to create better open spaces for the benefit of all residents. Each group helps care for a specific park or green area in the borough.

• For more information visit www.fosjp.org.uk. Free internet access is available at all libraries in the borough.

Free Cycle Training for Children and Adults

17 – 21 February Half Term at Waltham Forest College, 707 Forest Rd, E17 4JB

We are working to make cycling in Waltham Forest easier and safer for everyone. As part of our work we are pleased to be able to offer the following services, all delivered by Cycle Confident – our cycle training partner:

- A series of free group training sessions for anyone aged 9 or over who lives, works or studies in Waltham Forest;
- Free Dr Bike service on Monday 17th at the college.

Whether you are an experienced cyclist or a complete beginner, brushing up or learning new skills is always beneficial. So if you have had a new bike for Christmas, are looking to start using a bike for work or leisure, or if your child's school has not already signed up for Bikeability training, this is a good opportunity for everyone!

Following on from the week of training there will be a series of led rides exploring the borough through February and March.

To find out more, and to register for your free training, visit www.cycleconfident.com/sponsors/waltham-forest or call 020 3031 6730



Creating
a better place



Waltham Forest Council

**WE COLLECT
ALL YOUR
BULKY WASTE
FOR FREE.**

For more information on these figures visit
www.walthamforest.gov.uk/your-money



BENEFIT CHANGES

CHANGES TO YOUR COUNCIL TAX SUPPORT

From 1 April 2014, the amount of help anyone under the eligible pension age can get towards their Council Tax bills will reduce further, regardless of your income.

- You will still be affected if you receive Income Support, Job Seeker's Allowance or Employment Support Allowance.
- If you are under eligible pension age and liable to pay Council Tax, you will have to pay at least 15 per cent of your Council Tax bill in the next financial year (starting 1 April 2014). Look out for a letter with more information.
- This reduction in Council Tax Support is due to the overall reduction in our Government funding.

What does this mean for me?

It's important to plan for these changes and make arrangements to pay your Council Tax.

Why not set up a Direct Debit? It's simple and convenient. You can do this online at www.walthamforest.gov.uk/directdebit, or phone us to request a form.

If you are struggling to pay your Council Tax, please contact us as soon as possible – we're here to help.

You can also visit our website to find out what support is available.



For more information on the help and support available to you,
phone **020 8496 3000** or visit www.walthamforest.gov.uk/benefit-changes



Chingford



The Petony family from Edinburgh enjoyed a break in Skipsea, Yorkshire

Holidays for all

- **Holiday Homes Trust offers holidays for people with disabilities and families on low incomes**
- **Charity is looking for sponsors and fundraising volunteers to lend a hand**

A Chingford-based charity that was started by a group of former Scouts in the 1960s is still going strong and has helped thousands of families across the UK to enjoy a holiday.

The Holiday Homes Trust was established in 1969 when Charles Porter – a former Rover Scout – installed a wishing well in his front garden. He soon found that passers-by were throwing coins into it, and decided that he wanted to donate this money to charity.

Charles had two great-nieces with special needs, and when he saw how difficult it was for them to find a suitable holiday, he purchased a caravan. He decided this caravan should be used by any families with special needs and from this small start the Holiday Homes Trust quickly grew.

Today the Holiday Homes Trust, which is run by administrators Jo Browne and Marion Killoran, is a national charity, dedicated to providing self-catering caravan

accommodation for families, groups and their carers. The charity caters for people with a disability, illness or low income, single income families, and any family whose quality of life is diminished by disability, infirmity or misfortune.

The Trust owns nine caravans and one chalet, which are located at nine holiday parks around the UK. Over six thousand families have enjoyed a holiday at the seaside thanks to the Holiday Homes Trust.

Marion Killoran told Waltham Forest News: “Last year 148 families enjoyed a holiday in our caravans and chalet. We specialise in family accommodation and cater for a wide range of needs. All of our units are fully wheelchair accessible, inside and out, and we also have three caravans with a wheel-in shower.”

The Trust offers holidays between March and October every year. The rate you pay depends on the time of year you wish to stay, but the charity offers prices that are lower than

commercially available.

A further £100 discount is available if you have a child aged between three and 18 years, you have a total income of less than £28,000 and have not had a holiday as a family for four years or more. Other discounts are also available.

Marion added: “You can holiday in Yorkshire, Norfolk, Hampshire, Dorset, Devon, Cornwall, Somerset and South Wales. Our caravans are all located on well-run holiday parks that have a wide-range of facilities such as swimming pools, children's play areas, shops, restaurants and bars.

“At some sites we even have a local volunteer of the Trust who can meet you when you arrive to welcome you and answer questions about the local area.”

Retired couple John and Joyce Charlton, who live in Chingford, have holidayed with the Trust. John told Waltham Forest News: “We've been on three holidays and each time we've been very happy. The

caravans are always clean and on well-maintained sites.

“Because we are retired we are flexible with the dates that we can travel – when we've booked our break we've waited until we knew the weather would be nice!

“The price we paid was very good and we also got free entertainment passes from the Trust. My wife and I have really enjoyed the holidays we've had and I'd highly recommend them.”

The Holiday Homes Trust hopes to replace one of its older caravans this year, and will hold a number of fundraising events.

A wine tasting evening will take place at The Hall on The Green (The Green, E4 7EN) on Friday 7 March. The evening starts at 7.15pm and tickets cost £15 per person. There will be eight wines to taste and cheese and biscuits will be supplied.

The charity is also keen to hear from local businesses who would like to sponsor them and residents who would like to volunteer to fundraise on behalf of the charity. So if you'd like to help, why not get in touch?

More info

For more information on the Holiday Homes Trust, or to buy tickets for the wine tasting evening, visit www.holidayhomestrust.org, email scout.holiday.homes@scouts.org.uk or phone 020 8433 7290.

In brief

Walk this way

Would-be ramblers are invited to join the Lea Valley Friends group for a walk to celebrate their 12th anniversary on Saturday 15 February. The group will meet at the Royal Forest Hotel (4 Ranger's Road, E4 7QH) at 10am. The forest walk will take approximately two hours and participants will be able to stop for a coffee break or lunch at The Owl pub in Loughton. The Friends regularly enjoy walks through Epping Forest, the Lea Valley and other neighbouring areas. All walks last no more than two hours – during which time you can enjoy friendly company and good conversation. So why not join the Friends for this celebratory walk – you are assured of a warm welcome and can also find out more about the group's other social activities.

• For more information visit www.leavalleyfriends.org.uk, email lvfwalkers2001@hotmail.com or phone 020 8529 1602.

Jacky's Fitsteps®

If watching the last series of Strictly Come Dancing has got you in the mood for dancing, a new fitness class in Chingford could be right up your street. Fitsteps® is a fitness class devised by professional dancers, and Strictly Come Dancing favourites, Ian Waite and Natalie Lowe and swimmer Mark Foster. Local classes are taught by Jacky Logan, who has been a competitive ballroom and Latin dancer for 16 years. Sessions take place at Morningson Hall (The Green, E4 7EN) from 9.30-10.30am on Wednesdays and from 6.45-7.45pm on Thursdays. The classes are ideal for toning-up, building muscle strength and losing weight. The even better news is that you do not need a partner!

• For more information visit www.fan.fitsteps.co.uk/find-a-class/listing/jackys-fitsteps, phone 07715 421349 or email jacjake@aol.com.

The Pantry Knit-Wits

Keen crafters can join other likeminded residents at the Pantry Knit-Wits' weekly 'knit and natter' sessions in North Chingford. The group meets every Tuesday evening at Dexters (Station Road, E4 7BE) from 7 to 9pm. As well as knitting, members also bring along other crafts such as beading, cards and scrapbooking. The group also likes to give to the community by knitting for Age UK Waltham Forest. Everyone is welcome, so why not pop along?

• For more information email Gill on gtofts@yahoo.co.uk or just drop in to the next session.

Sports and fitness

Jacky's FitSteps®

Wednesdays, 9.30–10.30am and Thursdays, 6.45–7.45pm
Mornington Hall, The Green, E4 7EN
FitSteps® is formulated by Strictly Come Dancing's Ian Waite and Natalie Lowe along with Mark Foster. It's ideal for toning, building muscle strength and slimming down. You do not need a partner, as it's a fitness class. Jacky also runs classes in Walthamstow and Wood Street. **For more information visit <http://fan.fitsteps.co.uk/find-a-class/listing/jackys-fitsteps>, phone 07715 421349 or email jacjake@aol.com**

Body Evolution Programme

Tuesdays, 7.30pm
Saturdays 10.30am and 11.30am
St Andrews Church, St Andrews Road, E17 6AR
Women-only sessions includes two classes a week of either two Zumba classes or one Zumba and one Pilates class. Also includes healthy eating plan and motivational coaching sessions prior to class. **For more information visit www.vibe-wellness.co.uk or phone Jackie on 07717 330993.**

Pilates Fitness Class

Saturdays, 11.30am
St Andrews Church, St Andrews Road E17 6AR
Pilates fitness is a class that follows the principals of Pilates combined with elements of fitness exercise to enhance the benefits of the session. **For more information visit www.vibe-wellness.co.uk or phone Jackie on 07717 330993.**

Kettlebell Fat Burning class

Wednesdays from 22 January, 7.45–8.45pm
Harmony Hall, 10 Truro Road, E17 7BY
Kettlebells are one of the oldest types of exercise equipment used over 2000 years ago. This class is for anyone wanting to get toned, lose fat and get much fitter fast. You will feel completely energised and satisfied after each session – this is not just another exercise class. All fitness levels are welcome. £10 pay as you go or £64 for a block of 8 classes. **For more information visit www.infinehealth.co.uk, email mail@infinehealth.co.uk or phone Sonja on 07847 603423.**

Tai Chi Breeze for girls and women

Tuesdays, 6–7pm
St Barnabas Church Hall, Wellesley Road, E17 8JZ
Tai Chi Breeze is a Sportivate funding programme particularly targeting girls and young women aged 11 to 25. You will learn a simple Tai Chi routine which will improve the fitness of your body,

gracefulness of your movements and calmness of your mind. Total of 8 sessions. Free for girls aged 11 to 16 but must be accompanied by an adult. A heavily discounted rate of £20 for over 16s is also available. Booking essential. **For more information, and to book, email info@daolu.co.uk or phone 07713 152999.**

Fertility Yoga

Wednesdays, 11.30–1pm
Chingford United Reformed Church, Buxton Road, E4
A 10 week course for women who are wanting to get pregnant or are having fertility therapy to help them get pregnant. Creating a safe supportive space. Exploring postures to help align and nourish your body. Course costs £200 and is limited to ten women. Book early to avoid disappointment. **Phone Arlene on 07976 903003, visit www.arlenedunkley-wood.co.uk or email info@arlenedunkley-wood.co.uk**

Yoga for healthy backs

Mondays, 8.30–9.45pm
Quaker Meeting House, Bush Road, E11 3AU
This group specifically focuses on gaining mobility, flexibility and to achieve a pain free management programme to help support you with ongoing back issues. This 12 week course is an evidence-based researched programme which guides you to be as pain free as possible. You will be taught specific exercises and you will need to purchase a CD and book alongside this programme to help you work effectively and safely. 12 week course costs £200. **Phone Arlene on 07976 903003, visit www.arlenedunkley-wood.co.uk or email info@arlenedunkley-wood.co.uk**

Morris Dancing for beginners

Wednesdays, 8–10pm
St Gabriel's Family Centre, Havant Road, E17 3JF
Blackhorse and Standard Women's Morris Dancers invite you to join our beginners evening. A fun and friendly way of keeping fit while learning traditional English Morris dancing. No experience necessary, just come along and have a go. Musicians (male or female) also welcome. First term free to new members. **For more information phone 020 8527 2926 or visit www.blackhorseandstandard.org.uk**

Total Body Toning

Tuesdays, 8–9pm
North Chingford Methodist Church, Station Road
An uplifting full body resistance workout to tone, strengthen and burn calories. Includes use of weights, Bodybars, Gliding discs, rubber tubing, followed by a floorwork and stretching section. Taught to motivating music. First class free, then £25 per month. **To book your space phone Lucilla on 07956 695077, email lucilla@onestopfitness.co.uk or visit www.onestopfitness.co.uk**

Ladies Tap Dancing Classes

Thursdays, 1.15–2.15pm and Tuesday evenings
St Edmund's Church, Chingford Mount Road, E4 8JL
Charge of £4 per class. Not suitable for beginners. **For more information phone Mandy on 07976 786404 or 01992 524681.**

Zumba Fitness with Chloe

Tuesdays, 7pm
Walthamstow School for Girls, E17 9RZ
Wear low tread supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere! £5 or £3 for WSFG staff. **For more information phone Chloe on 07903 629636, email chloe@dancechloe.com or visit www.DanceChloe.com**

Pilates classes

Saturdays, 9am and 10am
Leyton Youth Centre, Crawley Road, E10 5PY
Drop in Pilates classes. General level class starts at 9am and beginners class at 10am. Classes cost £10 and mats and small equipment are provided. Alison, the teacher, is highly qualified and experienced and has been teaching for 14 years. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. **For more information email alison.bray@gmail.com or visit www.facebook.com/abpilateslondon**

Yoga Classes – mixed ability

Wednesdays, 7.30–9.30pm and Thursdays 7–8.30pm and 8.40–10.10pm
Friends Meeting House, Bush Road, E11 3AU
Fridays, 7–8.30pm and 8.40–10.10pm
Peterhouse Centre, Forest Rise, E17 3PW
All mixed ability classes. Beginners welcome. Down-to-earth Hatha Yoga. Help for anxiety and depression as well as physical problems; sleep better, feel better. Fully qualified teacher since 1984 (British Wheel of Yoga). £8 for 1.5 hour classes/£8.50 for 2 hours. **For more information, or to book, phone Kay Russell on 020 8554 7168 or email kay_russell_yoga@hotmail.com**

West Essex Ramblers

Saturday 8 February, 9.30am
Meet at Chingford Station
Join us for a five/six mile circular walk through fields and forest. Our friendly walking group has four led walks each week on Wednesdays, Thursdays, Saturdays and Sundays. **For a complimentary programme phone 020 8502 1628 or visit www.westessexramblers.org.uk**

Circle Dancing to World Music

Thursday 6 February, 2–4pm
Quaker Meeting House, 1a Jewel Road, E17 4QU

£4 per session, tea, coffee and soft drinks included. All welcome. No need for a partner, just turn up. **For more information phone Pat on 020 8556 3508 or email jean.duggleby@virgin.net**

Clubs and community

Surviving Auschwitz, a talk by Anita Lasker Wallfisch

Saturday 8 February, 7.30pm
Epicentre, West Street, E11 4LJ
Anita Lasker Wallfisch was born in Breslau (now Wroclaw), the youngest of three sisters. Her parents were deported in 1942. Arrested and sent to prison that year, she was sentenced for 'forgery, attempted escape and helping the enemy' and sent to Auschwitz/ Birkenau in 1943 where she became the only cellist in the Women's Orchestra. Transported to Bergen Belsen November 1944 and liberated by the British Army on 15 April 1945, she has lived in England since 1946, becoming a founder member of the English Chamber Orchestra with which she still plays today. Free entry, no need to book. **For more information phone 020 8555 5248.**

Next Step course for adults with dyslexia

Wednesdays, 6.30–8.30pm
Leyton Sixth Form College, Essex Road, E10 6EQ
Waltham Forest Dyslexia Association is running a free Next Step course for adults with dyslexia who are thinking about getting back into education or employment. The five sessions take place on Wednesday evenings from 15 January. **To book a place phone Helen Bigham on 07702 601897 or email helenbigham@hotmail.co.uk**

FamJam Disco

Sunday 2 February, 2–5pm
Orford House Social Club, Orford Road, E17 9QR
A Sunday afternoon family disco party for all ages. Expect funky music, dancing, snacks, fully licensed bar and much more. Advanced tickets cost £5 for any ages, and a limited number of tickets priced £6 are available on the door. Babies in arms go free. **For more information email famjamdisco@gmail.com or phone Mel on 07713 483259 or Leone on 07977 093522.**

Mindfulness Meditation course

From Friday 31 January, 6.30–8pm
The Health Works, 111a Hoe Street, E17 4RX
Do you feel stressed and anxious or irritable? Do you find it difficult to switch off? Do you have trouble sleeping? Do you struggle with difficult emotions? Do you suffer with depression? If the answer to any of the above is 'yes', then Mindfulness Meditation can help you in changing that.

Four week course, £100. Limited spaces, so book early to avoid disappointment. **For more information, or to book, phone Catherine on 07535 477191, email info@catherineayensu-cbt.co.uk or visit www.catherineayensu-cbt.co.uk**

Cognitive behaviour therapy and hypnotherapy

Days and times vary
Clinics in Walthamstow and South Woodford
We can help with weight loss, anxiety, panic attacks, OCD, depression, low-confidence, public speaking, stop smoking, changing thoughts, feelings, habits and behaviours. Contact Catherine for a free 15 minute consultation. **Phone 07535 477191, email info@catherineayensu-cbt.co.uk or visit www.catherineayensu-cbt.co.uk**

Valentines' Caribbean Evening

Saturday 15 February, 7.30pm
Cafe on 4, Waltham Forest College, Forest Road, E17 4JB
College Amateur Operatic Society (CAOS) is holding a 'One Love' Valentine's Day Caribbean Evening. Great music will be played and traditional food will be served. **For more information phone Jean Howard on 07941 050336 or email damedoreen@yahoo.co.uk**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am to 8pm
Near Blackhorse Road Station
Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **For more information phone Valeria Bonfiglio on 07912 887588, email vb.psychologist@gmail.com or visit www.valeribonfiglio.co.uk**

Curry and Quiz Night

Saturday 15 February, 7pm for 7.30pm start
Foster Hall, Wellesley Road, E17 8QY
All proceeds will be donated to Queens Boundary to fund community activities and Walthamstow's local food bank. Tickets, which include quiz, curry and one drink, cost £8 for adults and £4 for children. Soft and alcoholic drinks and raffle tickets available for purchase on the night. Buy early as tickets are selling fast. **To buy tickets please email gilson.julie@btopenworld.com or phone 07788 756158.**



Winter Daze

See inside
for playschemes,
events, activities and
entertainment



Activities for children
under 5



Activities for children
aged 5 to 11



Activities for young
people aged 11 to 19



Activities for all ages

Looking for something to
do during the **Half Term** break?

Please check the What's On section of the new and improved Children and
Young People's Directory for events taking place in the borough every day, including
Half Term: www.walthamforest.gov.uk/cypd



Waltham Forest

Activities for children under 5

HOLIDAY PLAYSCHHEME AT CHURCH HILL NURSERY SCHOOL

3 TO 9 YEARS

Monday 17th to Friday 21st February 2014
8am to 6pm
Church Hill Nursery School
Woodbury Road
Walthamstow
E17 9SB

Holiday playscheme with lots of fun activities.

£25 per day (£24 for each sibling)

Plus £5 for Breakfast and Lunch

Church Hill Nursery – 020 8520 4919
school@churchhill.waltham.sch.uk

REDWOOD PRESCHOOL HOLIDAY PLAYSCHHEME

2 TO 7 YEARS

Monday 17th to Friday 21st February 2014
Breakfast Club 8am to 9.30am
All Day Provision 9.30am to 4.30pm
Teatime Club 4.30pm to 6pm
Redwood Pre-School
The Bell Centre
3 Holloway Road
Leytonstone
E11 4LD

Redwood holiday playscheme offers a caring, fully inclusive and safe environment for all children with planned daily themes focused on fun, fun, fun! Places are limited so book NOW to avoid disappointment.

From £12 per day

020 8539 8559
redwoodpreschool@btconnect.com
www.redwoodpreschool.org.uk

FEBRUARY HALF TERM PLAYSCHHEME AT LOW HALL

3 TO 7 YEARS

Monday 17th to Friday 21st February 2014
8am to 6pm
Low Hall Nursery School & Children's Centre
Low Hall Lane
Walthamstow
E17 8BE

Half term playscheme with lots of exciting activities including painting, clay, music, soft play, pond dipping and gardening. Our school has qualified, DBS checked staff and an Outstanding Ofsted grade.

Breakfast, lunch and tea included in the price.

£25 a day

Mary – 020 8520 1689
school@lowhall.waltham.sch.uk

TOTS WATER WORLD

3 MONTHS TO 5 YEARS

Wednesday 19th and Friday 21st February 2014
12pm to 12.30pm and 12.30pm to 1pm
Chingford Leisure Centre
Unit 4 Larkswood Leisure Park
New Road
Chingford
E4 9EY

A play session for parent and child in the water, accompanied by a qualified instructor. Sessions include playing games, singing and enjoying the water environment.

HF Prepaid Member £3.80

HF Junior inclusive

Pay and Play Member £3.80

HF Junior Concessionary Member £2.35

Non Member £4.80

Chingford Leisure Centre – 020 8523 8215
Larkswood@gll.org



Activities for children aged 5 to 11

BETTER HOLIDAY PLAYScheme

5 TO 11 YEARS

Monday 17th to Friday 21st February 2014

8.45am to 5pm

Walthamstow Leisure Centre

243 Markhouse Road

Walthamstow

E17 8RN

Enjoy fun packed days and make new friends in our Ofsted registered playscheme with various activities including castle raiders, pirates, arts and crafts, crazy competitions, indoor and outdoor sports, face painting and much more.

Non Member £69.20 (5 days) or £15.15 (1 day)

Better Health & Fitness £55.05 (5 days) or £12.20 (1 day)

Better Concessionary £45.25 (5 days) or £10.20 (1 day)

020 8520 7464

walthamstow@gll.org

BARCLAY PRIMARY SCHOOL HOLIDAY CLUB

4 TO 11 YEARS

(Reception class through to year 6)

Monday 17th to Friday 21st February 2014

8am to 6pm

Barclay Primary School (Peterborough Road entrance)

155 Canterbury Road

Leyton

E10 6EJ

Arts, crafts, football, games, trips, Wii, computers, team games and lots more. Breakfast and light tea provided but please do bring a packed lunch. All places must be booked and paid for in advance.

£112.50 per week, £22.50 per day or £15.00 per half day session

Steffi Cooper – 020 8539 6777

07926 170564

s.cooper@barclayprimary.net

HALF TERM HOLIDAY SCHEME AT THE LLOYD PARK CENTRE

5 TO 11 YEARS

Monday 17th to Friday 21st February 2014

8am to 5.50pm

The Lloyd Park Centre

Winns Avenue Entrance

Lloyd Park

Walthamstow

E17 5JW

Supervised age appropriate activities in a lovely setting.

£26.37 per day inclusive of all meals, snacks and drinks.

Sheila Errington – 020 8531 9522

lpc@thelloydparkcentre.co.uk

BIRD BOX MAKING

5 TO 12 YEARS

Tuesday 18th February 2014

10am to 1pm

Aveling Community Room

Lloyd Park

Forest Road

Walthamstow

E17 4PP

Join us for a 1 hour bird walk and then help us put together some bird boxes for the park.

★ **FREE** ★

Rachel Hoyes – 07787 193981

r.hoyes@tcv.org.uk

STORYTELLING AND CREATIVE WRITING

5 TO 12 YEARS

Saturday 8th March 2014

10am to 1pm

Aveling Community Room

Lloyd Park

Forest Road

Walthamstow

E17 4PP

To celebrate world book day. Hear stories from around the world and learn how to structure a story and make your own story book.

★ **FREE** ★

Rachel Hoyes – 07787 193981

r.hoyes@tcv.org.uk

HALF TERM HOLIDAY PLAYScheme AT CALVARY MORNING GLORY CLUB

5 TO 12 YEARS

Monday 17th to Friday 21st February 2014

7am to 6.30pm

Calvary Morning Glory Club

174D Vicarage Road

Leyton

E10 5DX

Sports, computer games, arts, craft, baking, dance, drama and ICT activities. There are three local parks and a library within walking distance and at least two outings a week are planned.

£19 per day per child

Elizabeth Oyinka-Antwi – 07782 644664

elizantwi@hotmail.com

HEALTHY FOOD FOR HAPPY FAMILIES

3 TO 10 YEARS AND THEIR FAMILIES

Tuesday 18th February 2014

2pm to 3.30pm

North Chingford Library

The Green

Chingford

E4 7EN

Craft yourself healthy! Join us for a workshop with a difference and discover healthy food the fun and creative way. There will also be quizzes, arts, crafts and healthy snacks.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

★ **FREE** ★

Waltham Forest Libraries – 020 8496 3000

www.walthamforest.gov.uk/libraries

Please check the What's On section of the new and improved Children and Young People's Directory for events taking place in the borough every day, including **Half Term**:

www.walthamforest.gov.uk/cypd

Activities for children aged 5 to 11

REDWOOD PRESCHOOL HOLIDAY PLAYScheme

2 TO 7 YEARS

Monday 17th to Friday 21st February 2014

Breakfast Club 8am to 9.30am

All Day Provision 9.30am to 4.30pm

Teatime Club 4.30pm to 6pm

Redwood Pre-School

The Bell Centre

3 Holloway Road

Leytonstone

E11 4LD

Redwood holiday playscheme offers a caring, fully inclusive and safe environment for all children with planned daily themes focused on fun, fun, fun! Places are limited so book NOW to avoid disappointment.

From £12 per day

020 8539 8559

redwoodpreschool@btconnect.com

www.redwoodpreschool.org.uk

HOLIDAY PLAYScheme AT AVENUE KIDS CLUB

4 TO 12 YEARS

Monday 17th to Friday 21st February 2014

8am to 6.30pm

Avenue Kids Club

Nexus Centre

3 Snowberry Close

Leytonstone

E15 2AH

Various activities, days out, cooking, arts, crafts, basketball, table tennis, computer, games and lots more. Secure outside play area also available.

From £20 per day

Karen Hodges – 07748 271202

Dianne Stephenson – 07943 104209

avenuekidsclub@hotmail.com

BETTER HOLIDAY PLAYScheme

5 TO 11 YEARS

Monday 17th to Friday 21st February 2014

8.45am to 5pm

Walthamstow Leisure Centre

243 Markhouse Road

Walthamstow

E17 8RN

Enjoy fun packed days and make new friends in our Ofsted registered playscheme with various activities castle raiders, pirates, arts, crafts, crazy competitions, indoor/outdoor sports, face painting and much more.

Non Member £69.20 (5 days) or £15.15 (1 day)

Better Health & Fitness £55.05 (5 days) or £12.20 (1 day)

Better Concessionary £45.25 (5 days) or £10.20 (1 day)

Walthamstow Leisure Centre –

020 8520 7464

walthamstow@gll.org

HALF TERM PLAYScheme AT LOW HALL

3 TO 7 YEARS

Monday 17th to Friday 21st February 2014

8am to 6pm

Low Hall Nursery School & Children's Centre

Low Hall Lane

Walthamstow

E17 8BE

Half term playscheme with lots of exciting activities including painting, clay, music, soft play, pond dipping and gardening. Our school has qualified, DBS checked staff and an Outstanding Ofsted grade.

Breakfast, lunch and tea included in the price.

£25 per day

Mary – 020 8520 1689

school@lowhall.waltham.sch.uk



Please check the What's On section of the new and improved Children and Young People's Directory for events taking place in the borough every day, including **Half Term:**

www.walthamforest.gov.uk/cypd

Activities for young people aged 11 to 19

POP-UP PICTURE HOUSE PRESENTS: TOMBOY (U)

11 TO 19 YEARS

Saturday 8th February 2014

3.30pm to 5.30pm

Leytonstone Library

6 Church Lane

Leytonstone

E11 1HG

Film Screening: A 10 year old girl, settling into her new neighbourhood outside Paris, is mistaken for a boy and has to live up to this new identity since it's too late for the mistake to be rectified.

Go to www.wflibraries.eventbrite.com to book your place or book at the library.

★ **FREE** ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

LICK THE PENCIL: YOUNG PEOPLE'S 1:1 CREATIVE WRITING SURGERY

7 TO 18 YEARS

Wednesday 19th February 2014

1pm to 4pm

Walthamstow Library

High Street

Walthamstow

E17 7JN

Do you have a poem or story you are working on that you would like to improve? Maybe you want to work on a particular writing skill such as descriptive language, plot, character, style or you just have writer's block? Get an individual 30 minute slot for 1:1 feedback and advice from an active local writer.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

★ **FREE** ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries



FEMALE ONLY BEGINNER TRAMPOLINE TASTER SESSIONS

11 YEARS AND OVER

Thursday 20th February 2014

3pm to 4pm for 11 to 15 years

4pm to 5pm for 16+ years

Walthamstow Leisure Centre

243 Markhouse Road

Walthamstow

E17 8RN

Our qualified coaches will be on hand to teach participants the basics of trampolining in a safe and secure environment.

£2.50 per session

Walthamstow Leisure Centre –
020 8520 7464
walthamstow@gll.org

ACTIVE FITNESS

11 TO 15 YEARS

Tuesday 18th February 2014 4pm to 4.45pm
and 4.45pm to 5.30pm

Wednesday 19th February 2014 4pm to
4.45pm

Thursday 20th February 2014 4pm to 4.45pm
and 4.45pm to 5.30pm

Saturday 22nd February 2014 11am to 12pm
and 1pm to 2pm

Sunday 23rd February 2014 11am to 12pm
and 1pm to 2pm

Chingford Leisure Centre

Unit 4 Larkswood Leisure Park

New Road

Chingford

E4 9EY

Our dedicated and supervised sessions introduce 11 to 15 year olds to using fitness centres and equipment correctly in a fun environment. It is necessary to book an induction before the first visit.

Induction £3.25

Junior pay and Play £3.25 per session

HF Junior Prepaid member inclusive

Cathall Leisure Centre – 020 8523 8215
Larkswood@gll.org

Activities for all ages

FAMILY ASTRO-NIGHT

5 YEARS AND OVER

All accompanied by an adult

Monday 17th February 2014

6pm to 8pm

Epping Forest Field Centre

Paul's Nursery Road

High Beach

Loughton

IG10 4AF

Illustrated presentations on the subject of the stars, nebulae and galaxies along with practical activities. Given clear skies, there will be the chance to use the reflecting telescope. Booking required and can be made by telephone or via our website.

£6 per person

Epping Forest Field Centre – 020 8502 8500

enquiries.ef@field-studies-council.org

www.field-studies-council.org

FOREST FAMILIES: NAVIGATION

ALL AGES

Tuesday 18th February 2014

2pm to 4pm

Epping Forest Field Centre

Paul's Nursery Road

High Beach

Loughton

IG10 4AF

Find your way in the forest using a map, compass or journey stick! Please note that while younger siblings are welcome, activities are aimed at children aged 5 to 11 years. Booking required and can be made by telephone or via our website.

£6 (5 to 11 years)

£2 (other ages)

Epping Forest Field Centre – 020 8502 8500

www.field-studies-council.org

enquiries.ef@field-studies-council.org

FOREST FAMILIES: POND DIPPING

ALL AGES

Wednesday 19th February 2014

10am to 12pm

Epping Forest Field Centre

Paul's Nursery Road

High Beach

Loughton

Essex

IG10 4AF



Investigate what lives in our ponds, how they move and what they eat. Please note that while younger siblings are welcome, activities are aimed at children aged 5 to 11 years. Booking required and can be made by telephone or via our website.

£6 (5 to 11 years)

£2 (other ages)

Epping Forest Field Centre – 020 8502

8500

www.field-studies-council.org

enquiries.ef@field-studies-council.org

EXHIBITION: THE LIBRARY OF UNTOLD STORIES BY OLY ORBACH

ALL AGES

Monday 20th January to Sunday 2nd March 2014

Monday to Friday 9am to 7pm

Saturday 9am to 6pm

Sunday 12pm to 4pm

Leytonstone Library

6 Church Lane

Leytonstone

E11 1HG

Visit The Library of Untold Stories, a collective public sculpture of fossil like books created in

clay by residents of Waltham Forest and cast in plaster by artist Oly Orbach.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

★ **FREE** ★

Waltham Forest Libraries – 020 8496 3000

www.walthamforest.gov.uk/libraries

POP-UP PICTURE HOUSE PRESENTS: DESPICABLE ME 2 (U)

ALL AGES

Saturday 15th February 2014

1pm to 3pm

Hale End Library

Castle Avenue

Highams Park

E4 9QD

Film Screening: Laugh your socks off and rejoice at the return of the Minions! Gru is recruited by the Anti-Villain League to help deal with a powerful new super criminal.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

★ **FREE** ★

Waltham Forest Libraries – 020 8496 3000

www.walthamforest.gov.uk/libraries

Please check the What's On section of the new and improved Children and Young People's Directory for events taking place in the borough every day, including Half Term:

www.walthamforest.gov.uk/cypd

Activities for all ages

POP-UP PICTURE HOUSE PRESENTS: MONSTERS UNIVERSITY (U)

ALL AGES

Saturday 15th February 2014

2pm to 4pm

Leytonstone Library

6 Church Lane

Leytonstone

E11 1HG

Film Screening: Journey back before the days of Monsters Inc to the meeting of Mike and Sulley who were not always the best of friends.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

SKETCH AND SCRIBBLE! ILLUSTRATION WORKSHOP

6 YEARS AND OVER

Tuesday 18th February 2014

2pm to 3.30pm

Walthamstow Library

High Street

Walthamstow

E17 7JN

Learn to create characters and comics with writer, artist and illustrator, Richy K Chandler. In addition to having over 300 Wallace and Gromit comic strips published, Richy is the creator of 'Lucy the Octopus' and a host of other characters and original series.

Go to www.wflibraries.eventbrite.com to book your place, or book at the library.

Find out more about Richy's work and get inspired at www.tempolush.com

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

SKETCH AND SCRIBBLE! ILLUSTRATION WORKSHOP

6 YEARS AND OVER

Friday 21st February 2014

11am to 12.30pm

Higham Hill Library

North Countess Road

Walthamstow

E17 5HS

Learn to create characters and comics with writer, artist and illustrator, Richy K Chandler. In addition to having over 300 Wallace and Gromit comic strips published, Richy is the creator of 'Lucy the Octopus' and a host of other characters and original series.

Find out more about Richy's work and get inspired at www.tempolush.com

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

LEGOMANIA AT LEABRIDGE LIBRARY

5 YEARS AND OVER

Thursday 20th February 2014

12.30pm to 2pm

Lea Bridge Library

Ley Road

Leyton

E10 7HU

It may be cold outside but with Legomania you can enter the world of sun, sand and a billion bricks! Join us for a building frenzy with master builder Rob Spinks.

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

LEGOMANIA AT LEYTONSTONE LIBRARY

5 YEARS AND OVER

Thursday 20th February 2014

3.30pm to 5pm

Leytonstone Library

6 Church Lane

Leytonstone

E11 1HG

It may be cold outside but with Legomania you can enter the world of sun, sand and a billion bricks! Join us for a building frenzy with master builder Rob Spinks.

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
www.walthamforest.gov.uk/libraries

LEGOMANIA AT HALE END LIBRARY

5 YEARS AND OVER

Friday 21st February 2014

11am to 12.30pm

Hale End Library

Castle Avenue

Highams Park

E4 9QD

It may be cold outside but with Legomania you can enter the world of sun, sand and a billion bricks! Join us for a building frenzy with master builder Rob Spinks.

★ FREE ★

Waltham Forest Libraries – 020 8496 3000
librarypromotions@walthamforest.gov.uk

YELLOW BIRDS HOLIDAY CLUB

3 TO 13 YEARS

Monday 17th to Friday 21st February 2014

8am to 6pm

South Chingford Methodist Church

3 New Road

Chingford

E4 9EU

We provide for all your childcare needs between 8.30am and 6pm on weekdays. Our programmes include trips, sports, drama, music, dance and cookery. For a full list of all our planned activities as well as details of our free play toys, activities and resources please email Ella.

**From £23.00 a day (discount for sibling)
+10% off when booking a week**

Ella Parkinson – 020 8531 9658

07723 332493

YellowBirdsinfo@aol.com



WHAT'S ON AT YOUR LOCAL CHILDREN'S CENTRE?

Did you know the Children & Young People's Directory website has a complete and up-to-date list of all children's centre activities taking place this half term as well as throughout the year?

To find out more about other exciting events in your area just visit the Children & Young People's Directory at

WWW.WALTHAMFOREST.GOV.UK/CYPD



Culture and crafts

E17 Jazz

Wednesday 29 January, 8.30–10.30pm
Orford House Social Club, 73 Orford Road, E17 9QR
The award winning E17 jazz collective presents concerts on the last Wednesday of each month featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting. **For more information visit www.e17jazz.com/whatson/**

The Pantry Knit-Wits

Tuesdays, 7–9pm
Dexters, Station Road, North Chingford
Although we are a knitting and natter group, some of our group bring other crafts to do such as beading, cards and scrapbooking – anything goes. We also like to give to the community by doing charity knitting for Age UK (WF). Everybody is welcome so please do pop along. **For more information email Gill.gtofts@yahoo.co.uk or pop into Dexters.**

Herbal Medicine Workshops

Fridays from 7 February, 10am–12noon
Lea Bridge Library Community Room, 382 Lea Bridge Road, E10 7HU
We continue our popular herbal medicine workshops for local ward residents and low-income families in particular. Connecting whole health by exploring plants and people with local herbalists Rasheeqa Ahmad and Charm Elakil. £3 per session. **To book a place phone Rasheeqa on 07784 506494 or email rasheeqa@hedgeherbs.org.uk. More info at www.hedgeherbs.org.uk**

Banjo classes for adults

Days and times TBC
The Quaker Meeting House, 1a Jewel Road, E17 4QU
Five string bluegrass banjo classes for adults in E17. Weekly classes for all levels from absolute beginners to all levels with a professional musician whose experience spans 25 years. Private lessons also available. **For further information, and to book, phone Dick Smith on 07903 419691, email info.banjosmith@gmail.com or visit www.banjosmith.co.uk**

Ukulele classes for adults

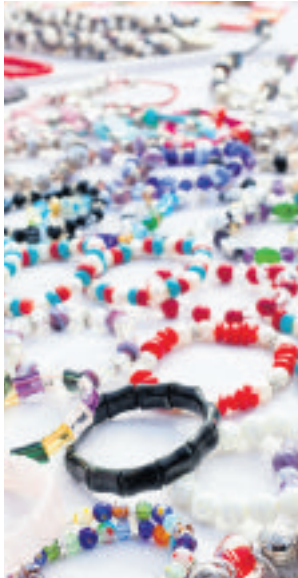
Days and times TBC
The Quaker Meeting House, 1a Jewel Road, E17 4QU
Come and learn the ukulele, or brush up your skills with an experienced, professional musician in a fun and relaxed environment. Beginners welcome. **For further information, and to book, phone Dick Smith on 07903 419691, email info.banjosmith@gmail.com or visit www.banjosmith.co.uk**

Strung out violin groups for adults

Days and times TBC
The Quaker Meeting House, 1a Jewel Road, E17 4QU
Got a violin in your attic you want to dust down? Fancy learning a new skill? Our motto is "it's never too late!" Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician. All styles of music welcomed from classical to traditional. Intermediates, easy and early stages/beginners welcome. Evening classes are limited, so please call in advance. **Phone Alison Jones on 07740 622428, email strungout@shapeshifter-productions.com or visit www.shapeshifter-productions.com**

Jewellery Making Taster

Saturday 1 February, 10–11am
124 Farnam Avenue, E17 4NH
Learn a new skill, make new friends and find balance and a bit of me-time in a busy life. Try one of our monthly Taster Workshops and make a beautiful pendant or pair of earrings or learn the foundations of wire and bead techniques in our Introductory Workshop, 1 February, 12–3pm. Classes are small (max.6) and friendly, booking is essential. **For more information please phone Birgit on 020 8531 4002 or visit www.beyondbeading.co.uk**



Drama Workshop of Waltham Forest – Edward II

Friday 14 to Sunday 16 February, 7.30pm
The Forest Community Centre, Guildford Road, E17 4EA
Christopher Marlowe's fast-moving, sensitive study of the decline and fall of an infatuated monarch explores power, indulgence, forbidden love and fickle fortune. This production is not suitable for children. Tickets cost £8 or £5 for concessions. Tickets must be purchased in advance. **For more information phone 020 8524 7269 or buy online at www.wegotickets.com/WalthamDrama**

Children and young people

E17 Junior Guitar Club

Saturdays, times vary
Hornbeam Centre, 458 Hoe Street, E17 9AH
Guitar playing fun for children of all abilities. Ages 7 and upwards. Pay £8 for a taster session, then £48 for a half-term of six 30 minute lessons. **For more information phone Christian Karlsson on 07958 471083, email chris@stunningmusic.com or visit www.stunningmusic.com**

Magic Box: drama and storytelling

Tuesdays and Thursdays, 10am
Mothers Hub, 133 Wood Street
Drama and storytelling sessions for children aged two to four. £3 per child or £5 for two children. What's inside the Magic Box today? Join a host of different characters, from Captain Wonkynose to Molly the Monkey, as they lead you on exciting and interactive adventures. Coffee and cake included! **For more information see the Magic Box facebook page or email magicboxe17@gmail.com**

Maths and English Tuition

Mondays, Tuesdays and Saturdays
Leyton First Class Learning help children succeed in Maths and English. **For more information phone Rosa on, email leyton@firstclasslearning.co.uk or visit www.firstclasslearning.co.uk/leyton**

Suntrap Bird Bonanza

Tuesday 18 February, 12–3pm
Suntrap Centre, Church Road, High Beach, Loughton, IG10 4AJ
Come and have fun with everything 'birdie' at Suntrap; dissect owl pellets to find out what they have been eating, complete a bird trail through the forest, enjoy some bird based craft activities. A small charge is payable for the activities and light refreshments. No need to book, just turn up. **For more information phone Suntrap on 020 8508 0611.**

Celebration of Olympic Spirit

Thursday 30 January, 5.30–6.45pm
Leytonstone Library, 6 Church Lane, E11 1HG
Young people from local charity Leytonstone Youth Matters have made a short film and scrap book looking at the London 2012 Olympic Games and people's experience of volunteering. Come to the premiere of the film, meet the young people and enjoy some nibbles. **For more information email marketing@leytonstoneyouthmatters.org.uk**

Acting Bugs

Tuesdays, 1.50pm
St Mary's Church Hall, Church Hill, E17 9RJ

Fridays, 9.50–11.30am
The Peterhouse Centre, 122 Forest Rise, E17 3PW
Acting Bugs/ Diddy Bugs are brand new tots drama groups led by local TV actress and mum Sam Seager and her team. The sessions last 45 minutes and introduce children aged 18 months to 5 years to drama in a fun and playful way. The sessions will get your little one's imagination buzzing, help develop focus and build confidence in a friendly and safe environment. Numbers strictly limited so please email or call to book your free taster session. **For more information phone 07548 196722, email info@actingbugs.co.uk or visit www.actingbugs.co.uk**

Little Legs Football Training

Mondays, 5.30–7pm
Goals Centre, Morrisons Avenue, E4 8SN
Eastside Rangers Community Football Club is a charter standard club for ages four to 13. Beginners and advanced groups available. Medals to be won each week. £5 per child or block booking option available. We are looking for players to join our under eights team (school year 2/3) now. Train during the week with us working on the basic skills and play matches locally on the weekend. Staff are all qualified and trained to meet the needs of children. **For more information phone 07939 366992.**

Community Ward Forums

Chingford Green and Endlebury joint meeting

Monday 3 February, 7–9.30pm
Chingford Assembly Hall, Station Road, E4 7EN

Grove Green

Wednesday 12 February, 7.30–9pm
Sidmouth House, 25 Sidmouth Road, Leyton E10

Markhouse

Monday 17 February, 7–9pm
Lighthouse Church, Markhouse Road, E17 8BQ

For more information on Community Ward Forums visit www.walthamforest.gov.uk/community-ward-forums

Council Meetings

Tuesday 28 January

Pension Fund Committee

Wednesday 29 January

Children and Young People Scrutiny Committee

Thursday 30 January

Community Safety Board, 7pm
Public Health and Health Delivery Scrutiny Committee

Tuesday 4 February

Planning Committee

Wednesday 5 February

Finance Overview and Scrutiny Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.



Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for 17 February edition is Friday 31 January

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

Self care

A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet some paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer.

Check your symptoms with the NHS Symptom Checker

Visit www.nhs.uk and answer a series of simple questions about your symptoms to help you find out what is wrong and what you should do next.

Pharmacy

Your local pharmacist can give you friendly, expert advice about medicines that can help with lots of common conditions. There is no need for an appointment. As well as dispensing prescriptions, they provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. There are over 60 pharmacies in Waltham Forest and you can find your nearest one at www.nhs.uk.

Your GP

When you or your family are ill you can book an appointment to see a local GP. You can get the treatment you need at a convenient time and place and reduce the demand on emergency services. If you are not registered with a GP please visit www.nhs.uk to find your nearest GP practice.

Out-of-hours GP

When your GP is closed you don't need to go to A&E. Just call NHS 111 for medical advice during the night or on a weekend.

For all your healthcare needs visit www.nhs.uk, dial 111 for urgent medical advice or visit a walk-in centre if you are not registered with a GP.



Apply for grants and match funding now

■ Grants of up to £10,000 are available to support volunteering and community projects in Waltham Forest

■ Applications close on Monday 3 February

Local charities, not-for-profit organisations and community groups have been given a boost with the news that £150,000 is available to support their vital work. Waltham Forest Council has set aside the pot – available in grants and match funding – for projects that encourage volunteering, create employment opportunities, support older residents and get more local people involved in creative activities and events.

A total of £100,000 has been allocated for Match Funding Grants, with a further £50,000 available in the form of Volunteering Support Grants. Only charitable organisations and other voluntary sector groups based in or providing services in Waltham Forest are eligible to apply.

Match Funding Grants of up to £10,000 are available to voluntary sector groups and charities that have already secured funding from another source.

The money can be spent on a range of projects such as creating training and employment opportunities for residents, schemes that support older people to stay active in their local communities, events that encourage community cohesion and activities that encourage residents from all backgrounds to take part in arts and cultural events.

Volunteering Support Grants have been introduced to help provide more – and better quality – volunteering opportunities in Waltham Forest by helping charitable organisations with the costs of supporting volunteers.

Grants of up to £5,000 are available and can be used to help pay for a volunteer coordinator's salary, to help volunteers gain official accreditation for their efforts and to help pay their expenses.

Cllr Liaquat Ali MBE JP, Cabinet

Member for Community Safety and Cohesion, told Waltham Forest News: "This funding forms part of the Council's 'A Thriving Third Sector' strategy which aims to support the work of voluntary and community groups in Waltham Forest.

"Volunteers offer a great deal of support for many organisations throughout the borough and it is vital that we help provide more – and better quality – volunteering opportunities for local people.

"A Match Funding Grant from the Council can also often help an organisation obtain further funding from other sources as it demonstrates that we have made a firm commitment to a group and the services they provide for residents. I urge all voluntary groups and charities in the borough to get in touch and see if they are eligible for a grant."

One local group that has already benefited from a Match Funding Grant is Walthamstow Toy Library and Play Centre.

As well as offering daily play sessions led by experienced workers, the centre gives children the chance to borrow toys, much the same way as you would borrow a book from the library.

The Toy Library and Play Centre is aimed at children aged five and under, but during the school holidays runs activities and events for children up to eight years old. The centre is run by a management committee, but relies on the help of an army of volunteers to keep costs down for its users.

The centre was recently awarded a Match Funding Grant of £6,587 by Waltham Forest Council to complement a grant received from The Big Lottery Fund's Awards for All scheme.

The funding is being used to run Reaching Out – a project to increase membership among low income

families and particularly residents from ethnic minorities. The money will help fund a project coordinator's salary and support five new volunteers who will receive training in first aid, child protection, food hygiene and much more.

Walthamstow Toy Library and Play Centre Manager, Helen Crockford, told Waltham Forest News: "The centre is a great place for your child to get used to meeting new friends and getting them prepared for nursery and primary school. We have a range of activities to support your child's learning and development and toys and equipment for you to take home and enjoy.

"And it's not just mums and children who are welcome. There are lots of dads, grandparents and other carers that bring children to the centre to have fun. We're very much a community hub and a good place for families to meet up with other people in their neighbourhoods.

"The Match Funding Grant we have received will be vital to help encourage more people to use our services. We're especially keen to increase membership among low income families and the funding will help provide free membership, free sessions and free toy loaning to families that may be struggling financially.

"People who are living on low incomes can often become isolated as they feel they have to stay at home, but I hope that residents will be encouraged to come and use our services and build a strong support network of parents living nearby."

Applications for Match Funding Grants and Volunteering Support Grants are open now and the deadline to return your completed application is Monday 3 February.

Full information on the two schemes is available on the Council website or from the Community Development team.



Some local groups that have received Volunteering Support Grants and Match Funding Grants include Walthamstow Toy Library and Play Centre (top), Organiclea (middle) and Significant Seams (bottom) – who were recently visited by Cllr Liaquat Ali MBE JP

More info

For more information on Match Funding and Volunteering Support Grants visit www.walthamforest.gov.uk/community-engagement, phone 020 8496 3000 or email angela.hall@walthamforest.gov.uk. For more information on Walthamstow Toy Library visit www.walthamstowtoylibrary.org or phone 020 8509 3401.



Book an appointment today

Call 020 3714 2160 or email sales@triathlonhomes.com
Triathlonhomes.com

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Buy from £97,500 for a 25% share of a 2 bed apartment**

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- High quality specification
- Private winter gardens and courtyards

* Eligibility required

** Price correct at time of going to press



Open Days 2014

Visit us for a tour of the facilities and sample our finger buffet and beverages. From 2.30pm - 4.30pm on the following dates:

Thursday 8 May
 Thursday 24 July
 Thursday 6 November

Don't forget

Our free wedding show
 Sunday 16 February
 11.00am - 3.00pm

GILWELL PARK
 CONFERENCE CENTRE

Wedding receptions, parties, conferences, corporate activity days, training

towntocountry.co.uk/gilwell
[facebook.com/towntocountry](https://www.facebook.com/towntocountry) @GPconferences

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LONDON BOROUGH OF WALTHAM FOREST

SCHOOL ADMISSION APPEAL PANELS

Put something back into your community – become a school admission appeal panel member.

We want to appoint more people to sit upon our school admission appeal panels.

School admission appeal panels are independent bodies set up to decide upon appeals lodged by parents/guardians against decisions made by school admission authorities to refuse their child a place at their preferred school.

Panelists may be men or women, young or old, employed or unemployed and from any ethnic group. No special qualifications are required other than an interest in the provision of education and an ability to act impartially and to make reasoned decisions.

In Waltham Forest our Panels are made up of three people and must include at least one 'lay person' – someone who does not have personal experience of school management (except as a school governor or in another voluntary capacity) and an 'experienced person' who is familiar with schools in the borough or who is a parent of a child at school.

Panels sit all the year round but the majority are held between May and July. The appeals are usually grouped into three-hour sessions and held at Waltham Forest Town Hall. We are looking for panelists that are available during the day time and Panelists' time availability will be discussed at interview.

The role is unpaid but out of pocket expenses will be reimbursed. Admission Appeal training will be provided for Panelists.

If you are interested in becoming a Panelist please contact **David Knight** in Governance Directorate on **020 8496 4328** davidj.knight@walthamforest.gov.uk for further information and an Application Form. Closing Date for applications is **14 February 2014**.



On your marks, get set, go!

- **Waltham Forest's future sports stars receive funding to help them shine**
- **Bursaries help with coaching, fees, equipment costs and more**



Some of the sports bursary recipients collect their new Waltham Forest training kit

For any aspiring athlete, getting the right kind of backing to help you pursue your sporting dream can be a challenge, especially if you're still at school.

Finding the money for professional coaching, competition fees, sports equipment, physiotherapists and conditioning training is just one of the hurdles that future Olympians have to face as they try to make it big in the sports and athletics world.

But thanks to a scheme funded by Waltham Forest Council, 15 local athletes have been given a sports bursary – with a cash value of £3,000 – to help them train, improve on their personal bests and represent the borough at national and international competitions.

Expert help

Now in its second year, the scheme is already producing results. Giving the youngsters access to professional coaches from the University of East London (UEL), it has already helped the athletes –

who excel in events ranging from the shotput to the high jump – run faster, jump higher, and achieve higher rankings in competitions.

Reece Prescod is 17 and has high hopes to compete in the 200m at the 2016 Olympics. After being awarded a bursary last year, he's just secured a second year bursary through the Council's scheme.

"I won the indoor nationals last year," he said, "so in 2013 I was the fastest in the world for the indoor 200m in the under 18s category."

Reece meets twice a week with Richard, a strength and conditioning coach from UEL, who puts him through his paces with abdominal exercises, circuits and balance work.

"2020 will hopefully be a peak year for me as you're at your best in your mid 20s," Reece added. "As well as helping me win competitions, the bursary has helped me secure a place on a national programme called Futures, which means I could secure further medical and financial support."

Olympic legacy

The bursary scheme started back in 2012, thanks to a deal secured by the Council with the Australian Olympic Committee.

In return for using the Council's Construction Skills Centre in Leytonstone as a base for distributing Olympic kit during the Games, the Australian Olympic

Committee agreed to fund 10 sports bursaries – originally called Boxing Kangaroo bursaries, to the tune of £30,000.

"Following the success of year one, the Council decided to fund a second year," explains Council Leader, Chris Robbins.

"In return for our support, each of the athletes is completely dedicated to their training and the time and effort they put in, at such a young age, is admirable."

"That's why we want to continue the scheme for as long as we possibly can."

Ten athletes successfully applied for a Boxing Kangaroo bursary in year one of the scheme, and nine of these, plus an additional six athletes, have now secured bursaries in year two. They were joined by their parents at a special ceremony at Waltham Forest Town Hall last week, where they spoke of their achievements and were presented with their very own Waltham Forest training kits.

More info

For more information visit www.walthamforest.gov.uk or phone 020 8496 3000.

Who to watch out for

These athletes are already making great leaps and bounds in their chosen fields, thanks to the sports bursaries. Watch this space to see whether they're representing Team GB in the future:

- | | |
|--|---------------------------------------|
| ■ Adam Abbott – Diving | ■ Ryan Nicholls – Swimming |
| ■ Harry Clark – Hammer | ■ Anthony Oshodi – Shot Putt |
| ■ Georgia Green – 100m Hurdles and Long Jump | ■ Kyal Palmer Francis – 100m and 200m |
| ■ Jermaine Hamilton – 100m and 200m | ■ Lizzie Peattie – High Jump |
| ■ Corrinne Humphreys – 100m and 200m | ■ Reece Prescod – 200m |
| ■ Kashiff Jones – High Jump | ■ Georgia Tuckfield – 800m and 1500m |
| ■ Danny Keigher – Rowing | ■ Ryan Williams – Table Tennis |
| | ■ Youcef Zatat – Shot Putt |

In brief



The fantastic new pool facilities at Leyton Leisure Centre

Free swimming

If you're keen to improve your family's swimming skills this year then help is on offer in the form of free swimming for under 18s, over 60s and people with disabilities living in Waltham Forest.

As part of the Council-funded initiative eligible residents can swim for free at any time at Waltham Forest's leisure centres. To take advantage of this offer you must register at www.better.org.uk/walthamforest. Registration costs £1 for under 18s and £6.90 for over 60s. Disabled people can register free of charge. The Council is investing more than £25 million in improving our leisure centres and there are plenty of other ways the Sports Development Team is encouraging local people to try new sports, be more active and enjoy better leisure opportunities. Take a look on the Council website for more information.

• For information visit www.walthamforest.gov.uk and search 'sport and leisure' or phone 020 8496 3000. To register for free swimming visit www.better.org/walthamforest. Free internet access is available at all libraries.

Funding for young sports stars

Talented young sports men and women across Waltham Forest are being invited to apply for funding of up to £1,250 by the GLL Sport Foundation. The foundation, run by charitable social enterprise GLL and supported by national charity SportsAid, was established in 2008 to support athletes to help them achieve their Olympic and Paralympic dreams at London 2012 and beyond. Young sportspeople who demonstrate the potential to succeed at an international level are being invited to apply for a grant by Thursday 20 February. Each successful applicant will benefit from funding of up to £1,250 and GLL can also support athletes by giving free access to more than 130 sports venues. To be eligible for a grant you must live in, be in education in or be a member of a sports club in Waltham Forest.

• For more information visit www.gllsportfoundation.org. Free internet access is available at all libraries in the borough.

wedding i do

Getting married?

The council has a collection of venues that can cater for all your wedding needs. These are some of the most sought after locations in Waltham Forest.

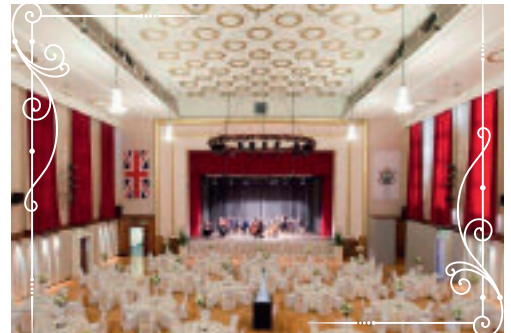


Chingford Assembly Hall

- Wedding packages for up to 250 guests
- A blank canvas with many possibilities for themes and your personal touches
- Catering kitchen, dressing rooms, stage, full lighting, grand piano, onsite parking

0208 496 3000

assemblyhall.bookings@walthamforest.gov.uk



Walthamstow Assembly Hall

The largest wedding venue in Waltham Forest

- Can entertain up to 450 guests
- Stunning art deco building in beautiful landscaped gardens
- Catering kitchen, dressing rooms, stage, lighting, grand piano, onsite parking

0208 496 3000

assemblyhall.bookings@walthamforest.gov.uk

Vestry House Museum

- Historic picturesque setting
- Situated in Walthamstow Village conservation area
- Wedding packages for up to 50 guests with use of the award winning garden

0208 496 4391

vhm.enquiries@walthamforest.gov.uk



Register Office

- Locally listed building for your wedding ceremony
- The Forest Suite is an exclusive contemporary wedding room for up to 40 guests

- Weddings photographs can be taken in the delightful well maintained garden
- Parking available for bridal cars
- After March, same sex marriages will also be available

0208 496 3000

register.office@walthamforest.gov.uk

The William Morris Gallery

An intimate and atmospheric venue for smaller ceremonies

- Grade II* listed building set in the exquisite grounds of Lloyd Park
- A world-class museum dedicated to one of our most influential artists and craftsmen
- Wedding packages for ceremonies with up to 50 guests

0208 496 4390

wmg.enquiries@walthamforest.gov.uk



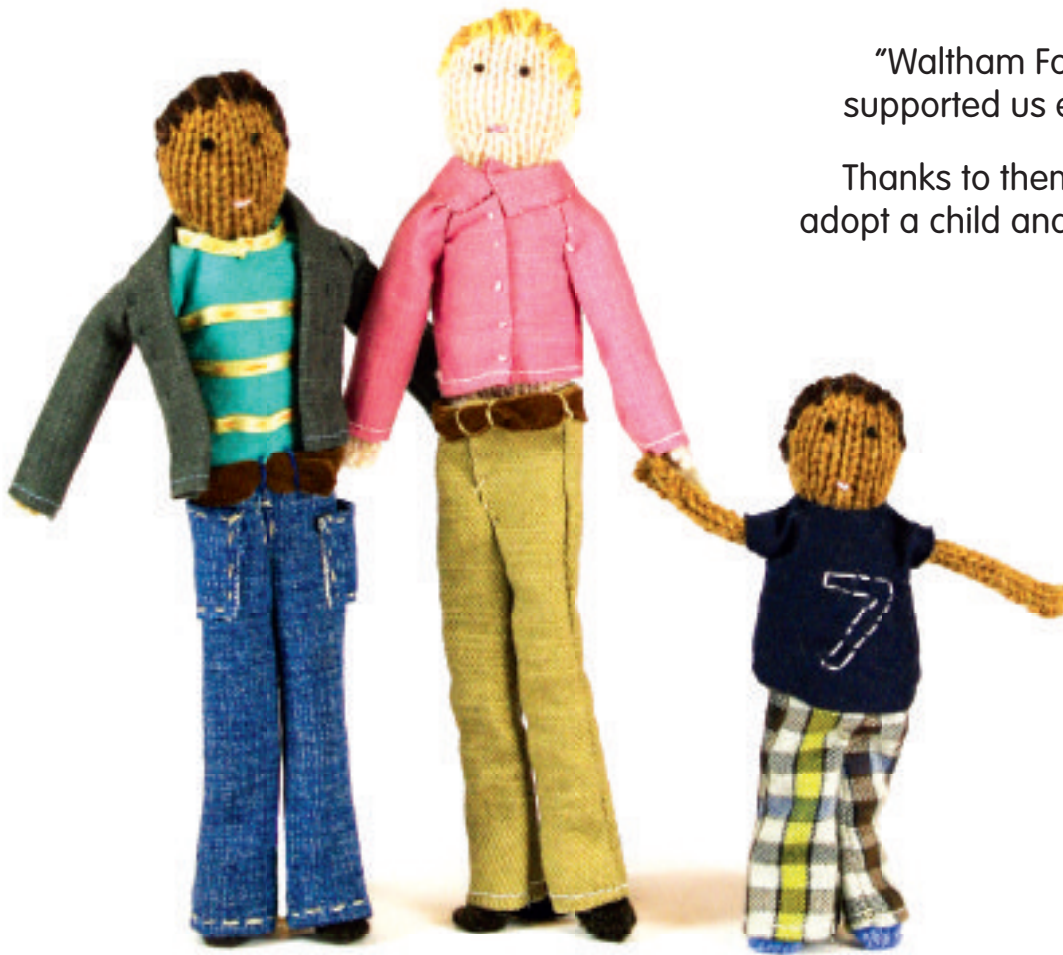
Tom Gold Photography, tomgold.co.uk



Adopt

WE CAN HELP YOU

CREATE A CLOSE KNIT FAMILY



"Waltham Forest adoption service supported us every step of the way.

Thanks to them, we've been able to adopt a child and give them the loving home they deserve."

Dads to 'Adam', 5

We are looking for adoptive parents from London and the surrounding areas.

To find out more, come along to an adoption open evening on:

Tuesday 11 February 2014, 6.15pm, The Epicentre, 41 West Street, Leytonstone E11 4JL

Wednesday 19 March 2014, 6.15pm, Waltham Forest Town Hall, Forest Road, Walthamstow E17 4JF

For advice and support on adoption, contact us:



www.walthamforest.gov.uk/adopt

020 8496 3000

The knitted characters featured all have loving families.

Planning

TOWN AND COUNTRY PLANNING (GENERAL PERMITTED DEVELOPMENT) ORDER 1995 AS AMENDED NOTICE PURSUANT TO ARTICLE 5(11) OF THE CONFIRMATION OF AN ARTICLE 4 DIRECTION

The London Borough of Waltham Forest made an Article 4(1) Direction on 16th September 2013, under Article 4(1) of the Town and Country Planning (General Permitted Development) Order 1995, as amended. The Council invited representations on the Article 4 Direction between 16 September 2013 and 28 October 2013. This document gives notice in accordance with Article 5(11) that the Article 4 Direction has been confirmed by the Council on 6th January 2014. The Article 4 Direction shall come into force on 16 September 2014.

The Direction relates to development comprising change of use from a use falling within Class C3 (dwellinghouses) of the Town and Country (Use Classes) Order 1987 (as amended) to a use falling within Class C4 (houses in multiple occupation) of that Order, and removes permitted development rights for this type of development from the date when the Direction comes into force. Planning permission will therefore be required for change of use from Class C3 to Class C4 once the Article 4 Direction is in force. The Article 4 Direction applies to the whole borough.

A copy of the Direction, including a map defining the area covered, can be viewed during normal office hours at Sycamore House, Waltham Forest Town Hall Complex, Forest Road, London E17 4JF; or can be viewed on the Council's website at www.walthamforest.gov.uk

Dated: 27th January 2014

LONDON BOROUGH OF WALTHAM FOREST PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 – SECTION 67

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building has been made to the Council.

APPL.NO: 2014/0120/LB

APPLICANT: Stonegate Pub Co.

ADDRESS: The Ferry Boat Inn Public House, 1 Ferry Lane, Tottenham, London, N17 9NG

PROPOSAL: An application for listed building consent – Re decorate external facade and internal alterations, new patio at front and pergola at rear.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building has been made to the Council.
APPL.NO: 2013/1985/LB, APPLICANT:

Mr Bob Hodges, ADDRESS: William Morris Gallery, Lloyd Park Forest Road, Walthamstow, E17 4PP

PROPOSAL: An Application for listed building consent, Works to existing balustrade and stonework repairs to existing steps. Installation of mechanical ventilation at basement and roof level.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day: 27/01/2014

David Scourfield – Head of Development Management on behalf of London Borough of Waltham Forest

LONDON BOROUGH OF WALTHAM FOREST NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 – NOTICE UNDER ARTICLE 13

APPL.NO: 2013/1859, APPLICANT: Spenhill Developments, ADDRESS: Land known as Block H, Hickman Avenue, Highams Park, E4 9JD

PROPOSAL: “Redevelopment of “Block H”, Highams Park (application ref 2008/1490) from Office (Use class B1) and Primary care Trust (Use class D1) to Residential (Use class C3) and Leisure uses (Use class D2) to create 83 no. residential units including 12 no. 1 beds, 64 no. 2 beds and 7 no. 3 beds; Leisure (Use Class D2) measuring 102sqm; 61 no. car parking spaces and 83 no. cycle spaces; and associated highways and landscaping improvements”.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day: 27th January 2014

David Scourfield – Head of Development Management on behalf of London Borough of Waltham Forest

Highways

LONDON BOROUGH OF WALTHAM FOREST PROPOSED WAITING AND LOADING AND PARKING AMENDMENTS PROHIBITION OF STOPPING OUTSIDE SCHOOL INTRODUCTION OF FOOTWAY PARKING IN AUBREY ROAD

The Waltham Forest (Waiting and Loading Restriction) (Amendment No. *) Order 2014
The Waltham Forest (Parking Places)

(Short Stay) (Amendment No. *) Order 2014

The Waltham Forest (Voucher Parking Places) (Revocation No. *) Order 2014
The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. *) Order 2014

The Waltham Forest (Blackhorse Lane North CP2) (Parking Places) (Amendment No. *) Order 2014
The Waltham Forest (Prohibition of Stopping outside Schools) (Amendment No. *) Traffic Order 2014
The Waltham Forest (Hoe Street CP2) (Parking Places) (Amendment No. *) Order 2014 – T1/T2

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders would be to:

- introduce double yellow line “at any time” waiting restrictions in the roads and lengths of road specified in Schedule 1 of this Notice;
- extend the existing double yellow line “at any time” waiting restrictions in the roads and lengths of road specified in Schedule 2 of this Notice;
- convert existing single yellow line waiting restrictions to double yellow line “at any time” waiting restrictions in the roads and lengths of road specified in Schedule 3 of this Notice;

(d) create new School Keep Clear markings in **Aveling Park Road** and **Cazenove Road E17** between Nos. 125 Aveling Park Road and No. 44 Cazenove Road E17 operating between the hours of 8 a.m. and 9.30 a.m. and 2.30 p.m. and 4 p.m. – Mondays to Fridays inclusive;

(e) convert 5.3 metres of existing permit parking place in **Blackhorse Lane** opposite Uplands Business Park to double yellow line “at any time” waiting restrictions;

(f) convert 17 metres of an existing short stay parking place in **East Road E17** opposite St. John's Ambulance to double yellow line “at any time” waiting restrictions;

(g) introduce free parking places in: (1) **Cann Hall Road** outside and between Nos. 104 and 110 operating between the hours of 8.00 a.m. and 6.30 p.m. – Mondays to Saturdays inclusive with a maximum stay of 30 minutes and no return within 2 hours; and (2) **Hatherley Road** outside No. 154A Hoe Street operating between the hours of 8.00 a.m. and 6.30 p.m. – Mondays to Fridays inclusive with a maximum stay of 1 hour and no return within 2 hours;

(h) reposition a section of existing permit parking place in Aubrey Road E17 partially onto the footway (vehicles must be parked within the marked bays, two wheels on the footway and two on the carriageway); and

(i) make minor corrections to existing orders so that they accurately reflect markings already on-street (there will be no changes to way these restrictions currently operate).

3. IN RELATION TO AUBREY ROAD

E17, that the Council proposes to make amendments to footway parking exemptions under GLC General Powers Act 1974.

4. The general effect of the proposals in paragraph 3 above would be to reposition partially onto the footway a section of existing permit parking place situated outside Nos. 30 and 33 Aubrey Road; vehicles must be parked within the marked bays, two wheels on the footway and two on the carriageway.

5. Copies of the Orders, the Council's statement of reasons for proposing to make the Orders and of plans showing the locations and effect of the Orders can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or the Council decides not to make the Orders, at (a) the Information Desk, Town Hall, Forest Road, Walthamstow, E17 The Reception Desk and (b) the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

6. Any person desiring to object to the proposed Orders or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS, quoting reference T1 (for Cann Hall Road only) or T2 (all other proposals), by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000, quoting reference Traffic Orders T1/T2.

Dated 27th January 2014

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

SCHEDULE 1

Aveling Park Road opposite No. 125, **Belvedere Road E10** outside and opposite the rear entrance to No. 207 Lea Bridge Road, **Cazenove Road** outside Nos. 33 and 35, **Crescent Road E10** between No. 57 and its north-western extremity, **Dawlish Road** opposite Nos. 16 to 20 and Nos. 32 to 36 (outside Dawlish primary entry and exit points), **Forest Side** at its junction with Oakhurst Gardens E4, **Green Pond Road** outside Brook Court, **Handsworth Avenue E4** between Nos. 39 and 41, **Harold Road E4** outside Nos. 75 and 77, **Middleton Close** both sides – outside the rear garages of Nos. 131 and 133 Cherrydown Avenue, **Nightingale Close** at its cul-de-sac and outside No. 7 and 10, **Oakhurst Gardens E4** at its junction with Forest Side E4, **Sanderstead Road E10** outside the Car Valeting Garage and opposite the rear garage of No. 187 Lea Bridge Road, **Skelton's Lane** the cul-de-sac to the rear of Dare Court and across the entrance to the car park at the rear of Takely Court, **Terling Road E11** outside Nos. 10 and 12 (dropped kerb), **The Avenue E4** outside No. 55, **Warren Road E4** opposite Nos. 1 and 3.

SCHEDULE 2

Hale End Road at its junction with Cobham Road by a total of 6.1 metres, **Penrhyn Grove** both sides – at its junction with Penrhyn Avenue by a total of 8.5 metres; **Shernhall Street E17** between No. 67 and the existing bus stop south of the rail bridge, **Sutherland Road Path** the whole south-side, **The Green Walk E4** north side from its junction with Parkhill

Road by 6.6 metres, **Rosedene Terrace E10** outside No.4/11 to 34 by 4.7 metres .

SCHEDULE 3

Beresford Road E4 at its junction with Douglas Road, **Douglas Road E4** at its junction with Beresford Road, **Jewel Road E17** outside the northern dropped kerb of Quaker Meeting House, **Melford Road** both sides at the junction of its north-west to south-east and north-east to south-west arms, and at its junction with **Park Grove Road**, Park Grove Road at its junction with Melford Road, **Winchester Road** between 14a Winchester Road and the northern wall of Nos. 2 to 8 Winchester Road.

LONDON BOROUGH OF WALTHAM

FOREST

HIGHWAYS ACT 1980 – SECTION 90A HOE STREET – PROPOSED

INTRODUCTION OF TRAFFIC CALMING

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest (the Council) in accordance with Sections 90A of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999, proposes to introduce into **Hoe Street** speed tables located (1) between Nos. 64 and 70 Hoe Street (at its junction Gaywood Road), measuring 26 metres in length; (2) between No. 116 and 128 Hoe Forest (at its junction with Richards Place) measuring 35 metres in length; (3) between Nos. 152 and 156 Hoe Street (at its junction with Milton Road) measuring 31.5 metres in length; and (4) outside Nos. 111 and 113 Hoe Street measuring 9.5 metres in length.

The speed tables would be elevated sections of carriageway, between 75 and 100 millimetres higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway. The above dimensions include 1.5 metre ramps at either end of each plateau.

2. Plans of the proposed measures can be inspected during normal office hours on Mondays to Fridays inclusive until a period of 21 days from the date on which this Notice is published, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, The London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

3. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference T3 by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – T3

Dated 27th January 2014

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM

FOREST

PROPOSED WAITING RESTRICTION AMENDMENTS

The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 37) Order 2014

The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 38) Order 2014 – T49/T46

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest on 13th January 2014 made the above-mentioned Orders under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be:

(a) in **Francis Road** to reduce the existing double yellow line "at any time" waiting restrictions, on the north-east side, at its junctions with Lawton Road, Brunswick Road and Scott's Road;

(b) in **New Road** to extend the existing double yellow line "at any time" waiting restrictions on the north-west side, north-east of its junction with Mapleton Road for a distance of 16 metres;

(c) in **Ashley Road** to extend the existing double yellow line "at any time" waiting restrictions on, the east side, at its junction with Westward Road;

(d) in **Burnside Avenue** to extend the existing double yellow line "at any time" waiting restrictions on, (1) both sides west of its junction with Leonard Road; and (2) the north side east of its junction with Rowan Avenue;

(e) in **Burnside Avenue** to provide new double yellow line "at any time" waiting restrictions on, (1) the south side opposite Nos. 1 to 15; (2) the north side, across the access road in between Nos. 23 to 27 and 31; (3) the south side, outside Chingford Hall Primary School; (4) the south side, opposite No. 51;

(f) in **George Road** to reduce the existing double yellow line "at any time" waiting restrictions, (1) on the south side outside Nos. 1 to 10 Higham House; and (2) on the north side west of its junction with Chingford Mount Road;

(g) in **Hazel Way** to extend the existing double yellow line "at any time" waiting restrictions at its junction with Maple Avenue;

(h) in **Leonard Road** to reduce the existing double yellow line "at any time" waiting restrictions, (1) on both sides at its junction with Chingford Mount Road and (2) the north side, outside No. 69;

(i) in **May Road** to extend the existing double yellow line "at any time" waiting restrictions on, the east side, adjacent to No. 66 Leonard Road; and

(j) in **Westward Road** to reduce the existing double yellow line "at any time" waiting restrictions on the south side, at its junction with Chingford Mount Road.

3. Copies of the Orders, which will come into operation on 27th January 2014 and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of any of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements

thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 27th January 2014
Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM FOREST
GROVE ROAD E17 AND ST STEPHEN'S ROAD E17
PROPOSED PARKING AND WAITING RESTRICTION AMENDMENTS
The Waltham Forest (Waiting and Loading Restriction) (Amendment No. 36) Order 2014
The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. 11) Order 2014
The Waltham Forest (Bakers Arms CPZ) (Parking Places) (Revocation No. 1) Order 2014
The Waltham Forest (Doctor Parking Places) (Revocation No. 2) Order 2014
The Waltham Forest (Free Parking Places) (Disabled Persons) (Amendment No. 4) Order 2014 – T55

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest on 23rd January 2014 made the above-mentioned Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Orders will be to:

(a) reduce the existing double yellow line "at any time" waiting restrictions in **Grove Road E17**, on the north side, outside Nos. 99 and 101 Grove Road;

(b) convert the existing doctor parking place in **Grove Road E17**, on the north side, outside Nos. 101 to 105 Grove Road to a free parking place operating between the hours of 8.00 a.m. and 6.30 p.m. – Mondays to Saturdays inclusive with a maximum stay of 30 minutes and no return within 2 hours;

(c) convert the existing residents parking place in **St Stephen's Road E17**, on the east side, adjacent to No. 97 Grove Road to a free parking place operating between the hours of 8.00 a.m. and 6.30 p.m. – Mondays to Saturdays inclusive with a maximum stay of 30 minutes and no return within 2 hours; and

(d) make certain minor amendments to existing Traffic Management Orders so as to accurately reflect signing and road markings on-street (there would be no change to the way the current restrictions operate).

3. Copies of the Orders, which will come into operation on 30th January 2014 and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of either of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers

of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 27th January 2014
Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)
THE WALTHAM FOREST (VARIOUS ROADS) (STRUCTURAL PROGRAMME) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 2) ORDER 2014 – TT2

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 21st January 2014 made an Order to enable carriageway maintenance works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) from these roads.

2. Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the following roads: **Grosvenor Park Road E17, Wingfield Road E17 and Thornhill Road E10.**

3. No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 10 metres of the junction of any road adjoining the

roads or sections of roads contained in paragraph 2 above.

4. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.

5. Vehicles waiting or loading in disregard of this Order would be removed.

6. The restrictions mentioned above would not apply in relation to any vehicle being used –

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

7. The Order will come into operation on 27th January 2014 and would be valid for a maximum period of 6 months or until the works are completed, whichever is the sooner.

NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.

Dated 27th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)
THE WALTHAM FOREST (NORTH COUNTESS ROAD) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND

LOADING) (NO. 1) ORDER 2014 – TT4

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable construction works to be carried out in a safe and efficient manner in North Countess Road, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) in this road.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose at any time in North Countess Road between a point 15 metres south of southern junction of Keith Road and the party wall of Nos. 46/48 and 50/52 North Countess Road.

3. Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be via Ardleigh Road, Penrhyn Avenue, Thorpe Crescent and Pennant Terrace.

4. Vehicles waiting or loading in disregard of this Order would be removed.

5. The restrictions mentioned above would not apply in relation to any vehicle being used:

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

6. The Order would come into operation on 17th February 2014 and would be valid for a maximum period of 2 months or until the works are completed, whichever is the sooner.

Dated 27th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

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For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) and ask for Luke Chetwynd or email: advertisingwfn@walthamforest.gov.uk

Children create adverts to help promote local businesses

Year 4 pupils from Greenleaf Primary School have also been showing their love for local high streets by producing a series of animated adverts celebrating a selection of the retailers on Hoe Street, Walthamstow.

Working with artists Ashley McCormick and Alex Noble, the pupils explored a variety of creative methods, including drawing, collage and animation to produce the eye-catching adverts. You can view the adverts at <http://youtu.be/SmVwixpoeZE>

Leisure centres on track

Last year Leyton Gym, Walthamstow and Leyton Leisure Centres were refurbished with brand new facilities and work is now well underway at Cathall Leisure Centre.

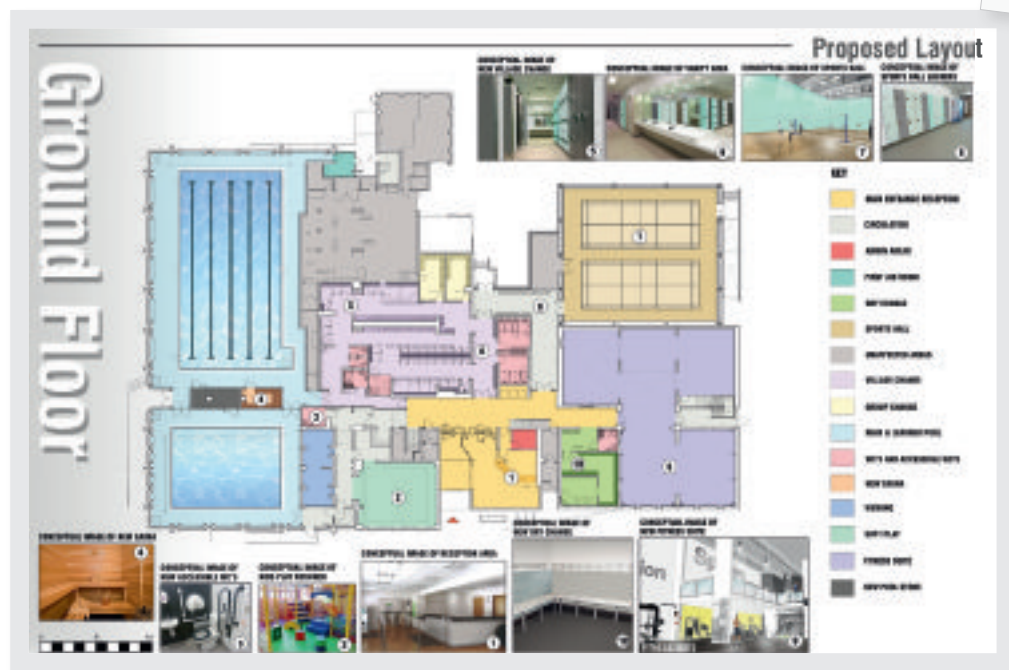
- 25m six lane indoor pool
- Teaching pool
- State of the art gym
- 100+ stations

- Two court sports hall
- Studio
- Soft play and crèche
- Multipurpose room
- New changing facilities for wet and dry
- A lift

For membership options and opening hours visit
www.better.org.uk/walthamforest



Chingford Leisure Centre



We secured over £160million of investment in 2013 and expect that to rise to over £700million as we move towards 2018. The next four years will see dramatic changes in the shape of Waltham Forest with our large regeneration projects providing a catalyst for growth and bringing opportunities for both business and employment in the borough.

Please bear with us during this time, although some disruption will be unavoidable, we promise you it will be well worth it in the long run.

This work is all part of our plans to make Waltham Forest an even better place to live.



**To find out the latest progress visit
visit www.walthamforest.gov.uk/betterplace**



57%

57 per cent of our GCSE pupils achieved at least five A* to C grades including English and Maths

OUR SECONDARY SCHOOLS

Standards in secondary schools in Waltham Forest are improving fast. Last summer, local students successfully improved attainment levels across the board by 4 per cent. 57 per cent of our GCSE pupils achieved at least five A* to C grades including English and Maths – this is a 4 per cent increase since 2012 and a faster rate of improvement than recorded nationally. We expect another big improvement this summer.

In September 2013, 91 per cent of our secondary age students started or returned to a 'Good' or 'Outstanding', school representing a 15 per cent improvement on where we were just 12 months previously.

WE'RE
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OF
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Eric, Year 10

Year 10 student Eric is aiming for A* grades when he sits his GCSEs next year. Within his school, he is currently ranked as number one for achievement in his year group's 'Top 100 club'.

With History and Science his favourite subjects, Eric has ambitious plans to study medicine and then become a neurosurgeon. He also wants to open a hospital in a less fortunate part of the world: "I know that this dream will take some time to complete, but I'm interested in working with the charity Doctors Without Borders to gain experience of working in places where medical resources are rare."

Aside from his exceptional academic performance, Eric's teachers have commented that his desire to help others is visible in what he does across the school. Whether it's peer mentoring, debating, sports or Shakespeare, Eric 'readily gets involved', making an 'inspirational contribution to school life.'

Waltham Forest

Proud of our young people • Proud of our schools

POST 16 EDUCATION

Last summer, 79 per cent of our students passed at least three A Levels opening the door to university and success in a wide range of careers. The borough's high quality sixth forms and colleges offer an array of qualifications and subjects so that every student can excel in their chosen field and pursue their dreams.

87%

87 per cent of our schools are rated by Ofsted as 'Good' or 'Outstanding'

OUR SCHOOLS

Overall 87 per cent of our schools are rated by Ofsted as 'Good' or 'Outstanding', which is 7 per cent above the national average and also above the London average. Education will continue to be a top priority in Waltham Forest. We expect that 100 per cent of our schools will be 'Good' or 'Outstanding' by the summer of 2015 and that standards will continue to rise in all schools. Over the coming months you can find out more about the changing face of education in Waltham Forest.

You'll also see more of our exceptional pupils – in Waltham Forest News and while you're out and about in the borough.

WE'RE
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YOU

Waltham Forest

Proud of our young people • Proud of our schools

79%

79 per cent of our students passed at least three A Levels



Roberta, Year 13

Roberta is a Year 13 student with a talent for drama which has already seen her cast as an extra in a TV advert.

"I'm determined to get good grades so I can go to university or drama school," she said.

Currently studying A levels in Drama, Music and English Literature, Roberta spends her free time reading plays for pleasure.

Her school has backed her acting ambitions, even helping her do well in GCSE Maths, her dreaded subject. "I really struggled with Maths and I used to get major anxiety before lessons. My teacher helped me during lunch and after school and we'd look at past papers – in the end I got an A grade."

Roberta is a future star in the making. "If you want to do well you have to push yourself, there's no one to do things for you. Our teachers always do what they can for us, and if you give them 100 per cent, they give you 100 per cent."



Waltham Forest